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Diseases of Women and Easy Childbirth

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AND

Easy Childbirth

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DEDICATED

TO THOSE WOMEN WHO ARE KEEPING PACE WITH
PROGRESS.

A germ either is toxic or it is not, and the fact that the supposed most malignant germs are found devoid of toxicity should compel every thinking mind to believe that their toxicity is accidental, and that the cause must be looked for outside of themselves.

* * *

When oxygen is cut off from a part, decomposition takes place, and then the germs that were present all the time take on toxicity. Why did they not take on this state before decomposition? If they were toxic, why was it that they had no such influence until decomposition from some other cause started up? If gonococci remain dormant in the tissues, which is declared on medical authority to be true, what causes them to take on renewed activity? Decomposition, which *they had no part in developing*. (See my work on "Venereal Diseases.")

* * *

It may be asked: To what is toxicity due? When life is extinct, decay takes place, the tissues melt down and generate a cadaveric poison—an alkaloid which is toxic; and everything becomes toxic that is saturated with this alkaloid of decomposition. It is the antithesis of the *leuqomaine* alkaloid: one is destructive, the other conservative; one causes death, the other conserves life; and it is the alkaloid of decomposition that imparts toxicity to everything it saturates. When this poison is overcome—when it ceases to be generated in a disease process—the process soon becomes aseptic.

* * *

The first cause of toxicity is the generation of this alkaloid of decomposition. When the discharges from a wound, from the bowels, from the urethra, from the bronchial tubes, from a syphilitic ulcer, from an ulcerating cancer, are charged with this poison, they are infectious, and are capable of imparting infection to whatever living tissue happens to give them hostage.

* * *

The poison generated in all disease processes is the same; when the symptoms of its poisonous influence varies, it is due to the tissues involved, the amount of poison absorbed, and the bodily resistance.

* * *

In such diseases as cancer and syphilis, nature has time to prepare her defenses. These diseases are walled off by organized infiltrations or exudates. This fortification is to prevent absorption of the decomposition. It is not entirely successful, but the poison gains entrance very slowly; and that is why these diseases run a chronic course. In wounds where discharges are pent up, absorption takes place rapidly, and death comes soon; but the character of the poison must be the same.

* * *

So long as the theory of multiple, specific causation is adhered to, there cannot be anything but chaos reigning in the realm of cure.

Diseases of Women

CHAPTER I.

INTRODUCTION.



HERE are specialists for the eye, ear, nose, throat, lungs, stomach, and, in fact, for every part of the body. The gynecologist looks after the diseases peculiar to women, and as a rule he is a very arrogant sort of fellow. He is quite sure that a physician who does not confine himself to treating women, and women only, is a mountebank if he assumes to know anything about the great specialty known as gynecology. The bigotry and intolerance of specialists check timid doctors and cause them to send all important cases to them, and they, from lack of criticism or any other restraining influence, fall into the habit of forgetting that the organs they specialize on are a part of the body—that every organ or community of organs must be correlated with all the other organs to make up a body.

The gynecologist and other specialists make of the parts of the body they treat independent isonomies; they act on the theory that an organ can be removed without any special injury to the body or other organs. The readiness with which they consent to sacrifice a part or all of an organ proves that they have a very loose idea of the community value of the various organs.

It should be known that local diseases come to a sudden end when not encouraged; when not forced to thrive by a constitutional derangement. And there is another large truth which is not generally known, that should go with that truth, namely: local treatment of any part of the body must fail unless accompanied with a treatment that will correct the general health. Hence the most important treatment for acute or chronic diseases is to correct the constitution—correct nutrition—by appropriate diet, exercise and a correct care of the skin in bathing and clothing it. Of course, there must be mental poise. If all this treatment is necessary to recover health, can an intelligent mind believe that the best and most appropriate local treatment can cure without the general treatment?

No one knows the direct, indirect and reflex influences of the various organs of the body on the general health, or community health, so well as the experienced general practitioner. The physician who is wide-awake on this matter is loath to specialize, if in doing so he must give up keeping in touch with diseases of other parts of the body.

SPECIALISM ONE-SIDED.

The lopsidedness of specialism has drawn many smiles, and frequently called forth much contempt, from those whose opinions are worth anything.

The reckless disregard of the consequences of mutilating women has been criminally great. There have been thousands of women unsexed in the name of *modern medical science*, when there was no excuse for the vandalism except that surgical zeal had run away with medical judgment.

The two men who stand out as having been the most pronounced agitators and inciters of the medical and surgical reign

of terror that began the latter part of the last century, and which has caused the mutilation and massacre of tens of thousands of women in the past three decades, are Drs. Battey and Tait. The former was an American surgeon who began his career in Rome, Georgia, and who achieved the reputation of being the father of ovariectomy. He legitimized the removal of the ovaries for their supposed detrimental influence, reflexly, on other organs of the body. For instance: If a woman suffered from headaches that could not be cured by giving drugs, the gynecologist felt justified, according to Battey's interpretation of *modern medical science*, in removing the ovaries and rendering the woman barren; and this vandalistic mutilation was resorted to all over the country, with no more excuse than a guess based on a prevailing surgical fad. When normal ovariectomy fell into disfavor, appendicitis and operations for pelvic disorders jumped into popular favor; and this hobby has been and now is ridden with as great fury as its predecessor.

To cure all sorts of symptoms of indigestion, hysteria, and nervousness, the doctors of twenty years ago were justified in removing the ovaries. No one would dare criticise an operator; for was he not a member of a learned profession? A professional man able to interpret the cause of an obscure pain and locate its cause in the ovaries was a man to be looked up to.

DR. BATTEY AND OVARIOTOMY.

When it was fashionable to boast of the number of ovariectomies performed by the leaders, some of the reckless boosters for Dr. Battey declared that he had removed a carload.

During this reign of terror, women learned that there was not much danger in having their ovaries removed, and in having

the operation performed they were relieved of all responsibilities in the line of reproduction. That there were such women may not be believed by some quite intelligent readers; nevertheless, there are women to be found who are willing to be unsexed rather than take responsibility in a reproductive way, and the ovariectomy fad was the cause of the "race-suicide" fad that accompanied it. Add to those who are willing to be unsexed those who are condemned to the operation by science-deluded, fee-splitting and fee-grabbing doctors, and the number runs into the thousands who have been unsexed every year for nearly a quarter of a century or more. Indeed, there were so many put out of the reproductive class in the few years preceding the election of Mr. Roosevelt as president that he felt called upon to protest at what he called race-suicide. Little did he know that the cause of the falling-off in births in this country was due to a surgical fad that received the hearty approval of modern medical science—a fad he would have stamped with his approval if he had been in a position to do so, the same as he is now approving of the more recent *modern medical discoveries*, which will also pass away in the course of time and bear as honorable post-mortem mention as the Battey fad.

We hear much these days about thousands dying annually who could be saved if the government helped the profession to force the people into submitting to its treatment. If the profession has the right to kill thousands by unnecessary operations, and by unsexing and other bungling and blundering treatment prevent at least 200,000 births each year, or 5,000,000 in the past twenty-five years, what could they do in the line of race-suicide if they had federal power to force submission?

DR. TAIT'S INFLUENCE ON OPERATIONS.

Dr. Tait popularized the removal of not only the ovaries, but the Fallopian tubes and womb for pelvic abscesses. It was he who started the craze in operating for the removal of fibroid tumors. As this tumor is found in probably twenty-five per cent of women who do not even suspect that they have anything at all the matter with them, it can be seen how easily a surprise can be sprung on an unsuspecting woman by an expert gynecologist; and as his opinion is supreme when he says an operation is necessary, there is no one who can gainsay him.

A reasoning reader should have no trouble in seeing that in diseases of women there is a large field for the ethical quack to exercise his professional prerogative and reap a rich harvest by plying his trade of imposing on the credulous. In this field we have two classes of professional men; namely, those whose judgments are blinded by their loyalty to science—their unquestioning devotion to authority—and those who take advantage of the public's respect for whatever modern medical science endorses. Both these classes arrive at the same end; namely, unnecessary mutilation of women.

There have been thousands of women with tumors who have lived long and useful lives, ignorant of their affliction; on the other hand, there have been thousands who have been made very miserable by discovering that they had fibroids, who would have passed contented lives if they had been kept in ignorance of the growth.

It will be said that women have been operated upon and their tumors removed and health restored. Yes; and there have been many more who did not recover health, and still others who

died. It can truthfully be said that those who apparently needed an operation most were those who died, or who did not recover health and afterward died of some other disease manifestation caused by the same constitutional derangement that originally caused the tumor.

UNNECESSARY OPERATIONS.

Thousands have been operated upon for the removal of the womb, for displacements, and for small fibroids, who would not have known there was anything wrong with them if the belief had not been instilled into them by doctors who were more zealous than wise. Women have been partly to blame. There are so many who are so insanely fond of flattery that to receive it they are willing to swap their hopes of heaven for a little of the honey of hell; and others would rather die than reform bad habits.

Nearly every symptom peculiar to deranged digestion, or that can be induced by perverted nutrition, has been attributed to fibroid disease; and when there is no fibroid or other disease of the womb, ovaries, tubes or appendix, the symptoms will be declared by modern medical science to be due to "change of life."

The word "tumor" has been and is now the Open Sesame with which the surgeons are admitted into every abdomen; it is the charmed expression with which they dominate the people and force them through fear to submit to operations that are not more necessary than viscerating their skulls.

THE WORD TUMOR USED TO COERCE THE TIMID.

Many apply to me overcome with worry, having been told by reputable surgeons that they have fibroid tumors; that all the disagreeable symptoms they are suffering, including those that come from fear of an operation, are caused by the tumors; and

that there is positively no help for them, except to be operated upon. This frightens the unfortunate women still more, and further impairs their digestions and intensifies all previous symptoms. These patients and their friends note that they are growing worse from day to day; but they little suspect that the most of it comes from worry.

This is an artificial situation which the ethical quacks intentionally build, and of which they are not loath to take advantage. They put on their most sympathetic faces, modulate their voices to suit the occasion, and explain how necessary it is to have an operation as soon as possible. They take influential friends into their confidence—*those who, they know, will put in the right word at the right moment*; and to these they impart their wisest opinions and ripest judgments. They detail their gravest fears; all, of course, in strict confidence; not “for the world” are the *unfortunate victims to be permitted to know the gravity of the situation*.

I have had hundreds of women apply to me after being told that they could not live six months unless they submitted to an operation. On examination I would find that there was not the least excuse for such an opinion. Indeed, many had very little the matter with them, except the fear that had been generated by the representatives of modern medical science. I am sorry to say that a few were found who had no tumor at all, notwithstanding they had been told they did have one by professional men of standing.

VERY FEW FIBROIDS REQUIRE AN OPERATION.

Probably one case in a thousand of fibroid tumor really needs surgical interference. There is no excuse for the wholesale butchery of women for this so-called disease, except that it is a

surgical craze, set in motion by Lawson Tait—one of the most reputable surgeons of the latter half of the nineteenth century. Why should he not be great, when he made it possible to slaughter women by the wholesale, and at the same time remain immune to all law against homicide?

Professor Tait popularized operating for pyosalpinx (pus in the tubes), and other forms of abscesses in the pelvis. As to his skill in operating there can be no question; he was probably as nearly perfect as it is possible for a surgeon to become. But that does not alter the fact that the price humanity pays for a perfected surgeon is more than he is worth to humanity. In the first place, how many unnecessary operations does he have to perform before it is no longer necessary for him to perform unnecessary operations—when his judgment will be so perfect that there will no longer be any doubt about the benefit, or possible benefit, to be derived from a contemplated operation; when every case he operates upon will be necessary and a success? I do not mean by success that every case must or will recover; I mean that under the circumstances there is no other recourse—that there cannot be anything else done—and that it is humane to offer the operation as the only hope there is left.

OPERATION AS A DERNIER RESORT.

I know all about the argument made by surgical specialists to the effect that physicians frequently postpone calling surgeons until there is no hope of recovery, and as a *dernier resort* an operation is made, with the result that surgery is given a bad repute. This has been true in a small per cent of cases; but since fee-splitting has become so universal the pendulum has swung to the other extreme, and where scores once died from the need

of surgical treatment, hundreds now die from premature operations, and thousands are subjected to unnecessary operations, and suffer more or less from the after-effects of a distorted anatomism and the loss of an organ of more or less importance to the body.

How many surgeons have been so perfected that they no longer perform unnecessary operations? The Lord only knows, and he won't tell. We have no history of a perfect surgeon since the first Exsector. "The Lord God caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs and closed up the flesh thereof; and of the rib * * * made he a woman * * *." (Gen. ii, 21, 22.) This is the first operation under hypnotism, without antiseptics and drainage, and the healing was by first intention. That is what can be called a perfect operation. The patient suffered no sequels or after-effects from it, except that he was compelled to enshrine the dissected part; and his male descendants have been making pilgrimages to and worshiping it ever since. This is the only successful attempt at preserving and perpetuating a pathological specimen in the world's history.

But we do not demand so high a standard these days. However, we must demand a success that amounts to less than a massacre. How many surgeons have we had in the past fifty years who stand with Battey and Tait? Not many; but I will be liberal and say ten per cent. If these ten per cent, like Drs. Battey and Tait, succeed in the last end of their careers in performing five operations where not more than one is necessary, and the other ninety per cent of surgeons perform all the way from thirty to one hundred per cent more operations than are necessary, where is humanity bettered?

If the best surgeons succeed in saving—really curing—twenty, and either kill or mutilate and more or less ruin the lives of eighty, is the work they do justifiable?

It must be borne in mind that operations do not cure the diseases which made the operation necessary, or gave the excuse for its performance.

In operating for abscess in the tubes or ovaries, the same laws are to be dealt with that we have in dealing with appendicitis. Modern surgical science declares that all these cases must be operated upon. Why? Because the operations cure? Compared with the failures, the real cures are few. If an abscess is small and can be removed without infecting the patient, all is well; but how many can be so successfully removed? Only a small per cent. And there is another small per cent who die in spite of the best operators; and then there is a large per cent who are not benefited, and many who are made worse by the operation. What becomes of those not operated upon? Many, I am sorry to say, are very miserable; for they have no treatment or advice that is of any value to them. The physician who believes in surgery for everything knows no other treatment to give; and if he does do anything, it will do no good, to say the least, and his influence is in the line of discouragement. To tell a patient that "*nothing but an operation will do any good, and unless it is performed very soon the chances are slim,*" is not conducive to building up a patient's courage and hopefulness. Besides, worry and discouragement always complicate and intensify all symptoms.

NATURE CAN AID HERSELF.

Nature, unaided, is able to relieve herself of the accumulations of abscesses, if no complications have been brought about by

officiousness and rough handling, and the bad habits of life are corrected.

Is my language too vigorous? Are my charges too sweeping? Do I mean that surgeons are dishonest? No!

There is a tendency for surgery to build in the operator a reckless disregard of people's rights, and with a goodly per cent an indifference to actual loss of life. This callosity of conscience is gradually grown by oiling the points of friction with the belief that surgery is a great art, and that great surgeons always have the good of their patients at heart. Unfortunately, surgeons are human, and it is human to desire to go to the top of the profession; and there is no hope of getting there without doing much surgery. The more cases operated upon, the more dexterity, improved technique, dignity, authority and higher standing in the profession there will be. Every case adds to the list and is one step up the ladder of fame and fortune. Is there any wonder that *the surgeon's aspirations continually eclipse the patient's rights?* A few may be large enough to do unto others as they would be done by, but all such are in obscurity. How could it be otherwise? If a surgeon is not in obscurity, he is operating daily; yes, hourly; and if he is operating on people daily and hourly, he is certainly operating to build his reputation, and not to build the health of his patients.

The *code of ethics* saves him from criminal prosecution; for a physician who turns state's evidence is a quack and a man of no character, and fifty thousand physicians will swear this to be true, rather than permit the code-protected man to suffer. Besides, society is used to believing surgeons great men, and great men

belong to the elect, and the elect are God's appointed; and *there you are!*

AVERAGE CITIZENS ARE AVERAGE CRIMINALS.

Average intelligence cannot believe that average professional men are guilty of traits of character that criminals have, and the reason for this non-belief is that they know nothing about the psychology of the average professional man and of criminals. Indeed, there are very few people who know that average criminals are average citizens; that they are no worse and no better than those from whom they have been singled out and barred from liberty. Those branded criminal have met their Waterloo, while their peers may or may not meet theirs; if they do not, it will be more from luck than from good management. People of like mental caliber act the same under like circumstances.

Not every woman builds a fibroid tumor whose elimination is perverted by wrong life. There must be a local irritation and determination of blood to the generative organs. Appendicitis, typhoid fever, pneumonia, bronchitis, asthma, goiter, et al., are different local manifestations of a common physical state brought on by enervation and faulty elimination. Just what determines the localization of disease may be one or more influences. There may be a prenatal tendency, and occupation, environment and accidental injury practically cover the field of exciting causes.

The mental is subject to as great a variety of influences as the physical, and at what tangent a mind made morbid by unusual irritation will fly cannot be more than conjectured, unless all the elements representing cause and their proportion are known.

It is nonsense and a curse to society to continue to believe that criminals are born criminals. There is no more truth in it

than there is in the belief that people are born sick, or inherit their diseases.

Diseases are built out of our daily habits, and crime is one type. Just what form crime will take will depend upon the seat of irritation.

NATURE INHIBITS PROPAGATION.

Nature puts a bar to the propagation of diseases, both mental and physical. When an organism is so diseased that it must transmit the disease if it propagates, sterility prevents the crime. This is all so true that I must adhere to the truth that crime is all a matter of mixing incompatible psychological elements. The so-called criminal is as greatly surprised at his acts as are his friends; and while a community is horrified at an unnatural crime, every member of it is possessed of attributes that are capable of a like explosion if, unfortunately, he is thrown in contact with the mental elements that are incompatible and sufficiently irritating.

Ambition, necessity and environment mould circumstances as they must; and when individual rights stand in the way, so much the worse for individual rights.

Doctors are a superior class, and superiority brooks no opposition. The physician's psychology gives him the right of way over those whom nature has placed in his hands, and the latter class acknowledges his superiority and his right by passively submitting. The distance between rights by superiority—divine rights—and oppression is not great; and that is where the matter stands today. The people are oppressed; they are in a state of slavery; and when this state evolves to injustice and tyranny, revolution follows. Society is in a state of revolution, so far as doctors and patients are concerned. The brighter and more know-

ing slaves (patients) are repudiating their masters, and those too ignorant to understand the situation are in danger of being awakened; and that is why the profession is struggling, as it never struggled before, to retain its hold on the people.

My part in this great struggle is to enlighten the slaves, and to do so it is necessary to continually explain the position of the masters and the slaves.

THE WORLD MOVES.

When the black slaves were taken from their masters, during the Civil War, the masters felt that their rights had been outraged; but now that slavery and emancipation are matters of history in this country, those who were in favor of chattel slavery are against it. The world has moved on.

So it will be when the iron grip of an arrogant profession is broken, and the people are freed from the bigotry and tyranny of a self-sufficient, self-justified, cruel profession. The people will have their rights without oppression, and the profession will be able to look back on its present-day brigandism with a sigh of relief, and will congratulate itself that it has an opportunity to expand. Oppressors and bigots never expand until cured of their pathological psychology.

This article is simply a preliminary to a study in diseases peculiar to women. In the next number the simpler or more common diseases will be taken up and illuminated from a common-sense standpoint.

It is my intention to attempt to show that the diseases of women have the same simple origin that other diseases have; that diseases of the pelvis are local manifestations of a deranged con-

stitution; and that they require more of constitutional treatment than of local treatment.

I shall show, to those who are capable of being shown, that the maze of obscurity or incomprehensibleness commonly ascribed to these diseases does not exist. I shall try to make it plain that the refinement of specialization has awed the average physician into believing that no one but a specialist can treat women's diseases, and this has made it easy for gynecologists to refine all common sense out of the treatment.

The tendency has been for the past three decades to use surgery for the cure of all these diseases. Why? Because of the inability to do anything else. It is cut or do nothing.

CHAPTER II.

INFLUENCES FAVORABLE TO BRINGING ON DISEASES OF WOMEN.



HERE is one supreme truth that should never be lost sight of in thinking and writing about diseases and their causation; namely: local diseases are self-limited and ephemeral without a constitutional derangement to keep them in activity. A local disease cannot thrive in an organism possessed of a normal amount of resistance; or, to put the statement in the form of a bull: local diseases cannot thrive in a healthy body.

There are few people, if indeed there are any, who are not subjected to the usual exciting causes, and the only rational reason why they are not all affected in the same way—thrown into invalidism—is because they have sufficient resistance to overcome disease-producing influences.

Female diseases, or diseases peculiar to women, will not develop in any woman who is in health. There must be enervation, with retention of waste products—failure of elimination; the autotoxemia to which I so frequently refer—before these diseases, or any other diseases, can develop. There is one notable exception; namely, poisoning—when septic material is pent up. *When septic material can drain, it cannot cause infection.*

Attentive readers are familiar with my frequent allusions to constitutional derangements brought on from autotoxemia. This self-poisoning may be brought on in many ways. The most

common cause is from overeating. Women are more inclined to overeat than men, for they are more at home and around where food is, hence are oftener tempted; men have the tobacco habit, which, as I have shown in volume two of my "Criticism of the Practice of Medicine," takes the place of food and saves many men from gourmandizing. Overeating need not necessarily mean consuming food in unusually large quantities. If the nerve energy is used up in directions other than in digestion, it stands to reason that it cannot be used in taking care of food. Digestive power is possessed in varying degrees, ranging from small to large. These facts must be considered in the summing up of the data for diagnosis.

WOMEN ARE SUBJECT TO MANY ENERVATING INFLUENCES.

Besides overeating and improper eating, women are subjected to many nerve-depressing influences that bring on enervation, which means lost resistance.

Close housing (which is another name for oxygen starvation) is a common source of much lost resistance; and not only does this include insufficient air, but bad air—air charged with impurities. A very large per cent of homes are ruined from a health point of view because of the habit men have of smoking in them. In the winter, when houses are closed to keep out the cold, pure air, the indoor air, which is *filthy enough at best*, is made rank by tobacco smoke settling in carpets and hangings. There are but one or two nauseating odors that exceed in rankness stale tobacco smoke, and they are sulphurated hydrogen and the odor from the skunk; perhaps valerian comes in as a live second to a dank, dead "snipe." I have seen wives and children suffering from a pernicious form of anæmia brought on by living

and sleeping in houses that would give a hog the cholera and a dog the rabies, if these animals were forced to live all winter in such atmosphere. The men who build such refined torture for their families get out in the morning and are not back to enjoy their lung- and blood-destroyer until night. I have seen heads of such families complain bitterly that their noses were kept on the financial grindstone all the time paying doctors' bills and hiring domestic help because of sick wives. Any man who thinks that he can, by feeing doctors and sanitariums, secure health for a nervous wife, so long as he keeps her inhaling the atmosphere of a home ruined by tobacco, is certainly living (expectantly) in a "fool's paradise."

Enervation is brought on many women by worry, discontent, envy, jealousy, domestic unhappiness and idleness. Worry about not getting on in the world—not being able to dress and do as women in better circumstances do—keeps many women in ill-health. Worry ruins digestion by using up the nerve force; then the fermentation of food that must necessarily follow poisons the blood and secretions, checks elimination, following which the injured organs of the body take on disease. When this state is once evolved, it will continue in spite of the best treatment, unless the woman can be taught to give up worrying, become philosophical, and allow her mind and body to relax—cultivate poise.

Fear: There are thousands of women living in fear who keep it to themselves. Many men who stand well among men and in the community in which they live keep their families in a state of fear that is disease-producing. The divorce mills would run full capacity, night and day, if the women who now smother their feeling for the sake of home and children could be assured of a

living without their husbands. A doctor who believes cures can be made under such circumstances is entertaining a delusion. Fear and anxiety in time will harden the arteries and bring about premature old age.

Discontent: Thousands of women live in a state of discontent. What they have in health, home and family they do not appreciate. Every other husband is kinder, better and more considerate than their husbands. Every other home has more of comfort. Other wives have more money spent on them than they have. I have known women to complain of not being able to dress as well as so-and-so, when in truth so-and-so did not spend as much as they did. The real and only difference between the women was that Mrs. So-and-So possessed contentment, good taste and thrift.

SOME PEOPLE CAN'T BE MADE HAPPY.

No amount of money spent on the complainer, fault-finder and grumbler can make her happy or look well. A life spent in fault-finding and discontent will convert the most beautiful face into one that is repelling. Bad mental habits build faces to correspond. The most beautiful must necessarily be made up of the most lovable traits of character, or it will not last. Not all is in looks; for a fruit may have a fine exterior, yet lack the flavor and aroma of some other that is comparatively quite inferior in looks. So far as men and women are concerned, aroma and flavor are everything; and these qualities are psychical. Mind will save us all. What is the matter with the fool? Lack of mind, isn't it? Well and good. Is it a sign of wisdom to fret, worry, grumble and find fault? No. Then it means that whoever does it is a

fool to just that extent. Getting on in the world means growing wiser—ceasing to be a fool.

Why does a girl marry without giving due consideration to the income—the wherewithal to insure comfort and some luxury—and then in a few years afterwards sigh and long for what she refused to provide for herself, and settle down to cultivating envy and discontent? Because she is a fool and refuses to outgrow it. Knowledge and industry are antidotes to the misfortune of being a fool. It is not necessary to live and die a fool; it is a disease that the patient can cure by the aid of the right kind of a doctor; drugs, vaccination and surgery will not cure it.

We often hear of people who are going to be happy and contented when their ships come in, for then they will have just what they want. Never was there such a mistake made; contentment is a habit requiring daily cultivation, and if retained it requires a lifetime of patient effort. People cannot live in discontent and then all at once be transposed into a state of contentment by a smile of fortune. Every reader must have known of people who lived in discontent because the houses they lived in were not large enough, nor grand enough; and when they happened to get their large house, their happiness was short-lived, for they soon found that their cares were increased in like proportion.

PEOPLE DECEIVE THEMSELVES.

Most poor men would like the fortunes of rich men, but they would balk at their responsibilities. People of ordinary means do not know that rich men cultivate the art of appearing happy; most of them are blase. Those who are not, deceive themselves as well as others, until they join the ranks of the surfeited. The responsibility and care of great wealth antidote enjoyment to such

an extent that what appears to be a life of enjoyment is in reality wormwood and gall.

People who are always going to be happy never are.

Contentment is a habit of mind and does not depend upon friends, fame nor fortune. Those who can live happily without friends, fame and fortune can live happily with them. To the contented and poised person every advance and every new responsibility is accepted as an additional pleasure. It is the very busy, poised person who can find time to take on new responsibilities.

A wise man has said: "Happiness is like manna; it is to be gathered in grains, and enjoyed every day. It will not keep; it will not be accumulated; nor have we to go out of ourselves or into remote places to gather it, since it has rained down from heaven at our doors.

"Seek happiness for its own sake, and you will not find it; seek for duty, and happiness will follow as the shadow comes with the sunshine."

Rochefoucauld (rosh-fu-ko) says: "Few things are needful to make the wise man happy, but nothing satisfies the fool; and this is the reason why so many of mankind are miserable."

Johnson says: "The fountain of content must spring up in the mind, and he who has so little knowledge of human nature as to seek happiness by changing anything but his own disposition, will waste his life in fruitless efforts, and multiply the griefs which he proposes to remove."

Addison says: "True happiness is of a retired nature, and an enemy to pomp and noise; * * * false happiness loves to be in a crowd and to draw the eyes of the world upon her.

She does not receive satisfaction from the applause which she gives herself, but from the admiration which she raises in others. She flourishes in courts and palaces, theaters and assemblies, and has no existence but when she is looked upon."

ENVY AND JEALOUSY BUILD DISEASE.

Envy and jealousy derange digestion and blood-making by causing an acid state of the secretions which overstimulates the nervous system and brings on enervation. Nothing else impairs health so surely as jealousy, and there is no cure without removing the cause. Secret jealousy is an eating ulcer gnawing at the vitals and developing all the symptoms that diseased bodies are heir to. There are many women going from specialist to specialist seeking cures, but they are on a fool's errand so long as the cause, jealousy, remains. Many go to the operating table once, twice and oftener, if they do not die there the first or second time; but the surgeon fails to cut out the cause.

Women eaten up by jealousy make very unsatisfactory mothers. This state of mind leads to neglect of duties, and often a determination to shirk responsibility. Not anything else ruins home-life so completely as jealousy.

Domestic unhappiness, whatever the cause may be, is sure to bring on ill-health among women. Children suffer in body and mind, and their development is greatly impaired. There are as many causes as there are people. When people marry with the mistaken idea that marriage is a form of chattel slavery, and the man or woman dominated with this idea proceeds to assert his or her authority, the result is they have a "Kilkenny cat" time of it.

If married people could take a sensible view of married life and treat each other as they did before marriage, there would be

more happy families. Both parties to the contract should try to please; for when one must do it all, the load becomes too heavy. Many human beings are easily spoiled. Those who shirk duty become very exacting; the more they have done for them, the more they demand, and the result is too often a "rough house."

Selfishness in either wife or husband is fatal to domestic happiness. I have seen husbands so sordid that they would feast down town on a meal that would cost twice as much as the food the wife and children were expected to consume in two days. Cigars and alcoholics frequently cost more than the table expenses in the home. Such selfishness as this on the part of a man who demands economy in household expenses will eat in on the nerves of a sensitive wife and ruin her health.

On the other hand, some wives are indulged until they are ruined. A man who will strain his credit and hamper his success in life by foolishly indulging a senseless wife will have an invalid on his hands; for a woman who has no better sense than to take advantage of and abuse an indulgent husband will play the sick racket if necessary to accomplish her purpose in securing indulgences that would be impossible except to meet the extraordinary necessities of *changing climate for health* or buying a surgical operation, the fees for which in some instances have been known to be clandestinely divided between the patient and her surgeon.

QUARRELING RUINS HEALTH.

Many families fall into the very vulgar habit of quarreling all the time. I have known this habit indulged to such an extreme as to cause both husband and wife to be invalids. When quarreling in a family has been reduced to a fine art, it does not require a provocation on either side. If the wife puts on a blue dress,

the husband is mad because she did not put on some other color; any color beats the blue, except when she happens to choose another color herself. The blue dress is quite enough to furnish a quarrel for the entire day. Each day is sufficient unto itself in furnishing topics for a "rough house."

Such insignificant subjects as the tint of the sky at sunrise will start a quarrel. John calls to Mary in the morning: "Look and see what a beautiful sunrise there is this morning; the heavens are lighted up with a rich orange glow." Whereupon Mary replies: "You are color-blind; that is a golden glow. Your whole family are alike; your sisters put on the most shocking combinations." From this start, the quarrel is on for the day.

"Who is that man going by the house?" Mary answers: "That's Mr. Jones."

"No, that's not Jones; don't you know Mr. Jones better than that? It is strange that you appear never to know anyone. Jones never wears a green necktie."

"That was a blue tie; what's the matter with you? I tell you you are color-blind."

If friends call on these people, they are dragged into their disputes whether they will or not. All their friends know of their bad habits and avoid them as much as possible. Such a life is not worth the living, and ill-health and early death must be the consequences.

TO BREAK INTO SOCIETY CAUSES ILL HEALTH.

The Social Act is another prolific cause of sickness. To break into society and "do it" as one must to "keep up" will test the health qualities of the finest constitution. The leaders, those who are sure of their positions, are not broken down so soon.

Those who suffer most are those who are not quite so sure of their standing, and those known as "climbers." These people live in a state of worry and anxiety. They scan the society items to see if their names are there. It is as important to them that their names appear in the lists of those who are entertained by the Razzle Dazzles and the Mug Wumps as for the Christians' names to be found on the roster of the church triumphant. When these people have a few friends in to spend the evening or at lunch, the newspaper reporters are coerced, either physically or financially, to write the affair up. All who were there, and those who were not there *but were invited*, are reported as being guests.

The mental strain of those who try to hold on to the social whirl is health-destroying. The financial strain and the effort required to appear to make good are nerve-destroying; then add to this the irregular habits, wrong eating, and the usual tax on a wife and mother, and we have enough load on a woman to build disease and shorten life.

HEELS VS. BRAINS.

Then there is a large class of women who use their heels in place of brains. They are pacing in a ring from morning till night. If *they* tell it, they have been working hard all day; they are always as busy as "cranberry merchants." If they succeed in butchering a few slices of bread from a baker's loaf, boiling a pot of decoction, misnamed coffee, and get all this on the breakfast table within an hour, they will be exhausted by the effort and talk about getting breakfast in a manner that would lead a stranger to suppose there had been an elaborate spread. When such women are not playing circus—cantering around in a ring like a dog chas-

ing his tail—they are wearing themselves and their friends out telling of how much hard work they do.

There is a small class of women who are troubled with what can well be called the filthy touch, or dirtophobia; they really wear themselves out taking care of a five- or six-room house. They will expend as much energy as should be spent on a house two or three times as large. These women find dirt where a microscope could not. Every metallic surface from the brass tacks in the stair's carpet to the stovepipe must reflect equal to a French plate mirror, the latter being a luxury that such housewives seldom if ever have. It is labor from morning till night with these women; and too often they are in love with their houses and work more than with their husbands. The husbands of such wives frequently find more comfort "down town" than in the bosoms of their families, for they are made to feel that they should take a bath and change their clothes before they are fit to enter their own homes.

On the other hand, there are homes presided over by easy-going women who are dirt-blind. Filth and waste prohibit homeownership, and when dirt, vermin and disease usurp the premises, such families move to get away from it. They go on the theory that it is cheaper to move than to clean house.

I have endeavored to point out a few of the many ways in which women cultivate the ground-work for ill health.

Nerve energy is required to keep the various organs of the body functioning, and when it is drawn upon beyond normal physiological repair, metabolism is imperfectly carried on, the equilibrium between waste and repair is lost, and elimination fails to carry off the waste. When this state is brought about, the catching of colds becomes frequent, the mucous membranes of vulnerable

organs take on a catarrhal inflammation, which is another name for vicarious elimination. Instead of recognizing catarrhal inflammations as local diseases, they should be looked upon as conservative processes for giving exits to humors that fail to be oxidized and eliminated through natural channels.

THE MEANING OF LEUCORRHEA.

Leucorrhea of a catarrhal nature indicates an inflammatory state of the mucous membrane of the neck or body of the womb, or both. When occurring in young, unmarried women it is brought on because of an exaggerated hyperæmia of the reproductive organs. These young people have been subjected to overstimulation; their emotional natures have been fed by a morbid mind. Their reading has not been well selected; their company has been unfitted for them; often there is a precocious sex development from overstimulating foods and mental suggestions of a vicious character; all of which inclines to bring too much blood to the reproductive organs. This being the condition during the intermenstrual periods, when menstruation comes on there is much engorgement—congestion—and the mucous membrane is so thickened and the submucous tissue so engorged that the neck of the uterus is closed and the menstrual fluid cannot pass out without pain.

This is the true state of the reproductive organs when the patients complain of painful and profuse menstruations. The continuous engorgement of the parts, with the menstrual-period exaggeration, soon develops catarrhal inflammation, and unless the causes are removed, engorgement will continue, and the inflammation will be followed by ulceration.

In the above analysis I have endeavored to show all, or nearly all, the physical and mental elements required to build a constitu-

tional and local derangement which forms the bases of all the diseases peculiar to the reproductive organs; in truth, all the pelvic diseases peculiar to men as well as women.

On this stock is grafted every disease that is treated by gynecologists.

CHAPTER III.

LEUCORRHEA, DYSMENORRHEA, FLEXIONS.



O EPITOMIZE what has gone before in the preceding chapters, I will say that it is impossible to establish a local disease without inoculation, unless there is a constitutional derangement; hence, to accomplish more than palliation of female diseases, all local treatment must be accompanied by constitutional treatment, and this treatment must consist of correcting the habits of life, both of a mental and a physical character, that have had to do with bringing about enervation and imperfect elimination.

To make it clear to the reader, I must repeat, and continue to repeat, that any habit of body or mind that is stimulating, if practiced a sufficient length of time, must end in enervation and auto-toxemia.

The continuous use of any stimulating foods beyond the body's requirements—even the staff of life, bread, or meat—will bring about enervation. Many, even physicians, believe that no harm can come from food.

Alcohol and tobacco are recognized by most people as capable of doing harm when used to excess, but very few are willing to believe that the moderate use of these stimulants is injurious. The truth, however, is that one smoke or one drink a

day, added to the usual overstimulation from food, brings evil results.

Coffee and tea not only bring on enervation, but they check elimination and hasten old age. When the body is overstimulated daily, or the nerve energy depressed by anger, hate, worry, or lascivious longings, resistance is lost, and disease comes to stay, unless the habits that brought it on are corrected.

To cure autotoxemia, all bad habits of mind and body must be given up. It is folly to treat a local disease, or remove it with the knife, giving no attention to autotoxemia, and expect to cure the patient.

A little reasoning is necessary. In the first place, settle the following questions: Is it possible to break the body down by bad habits? If so, what are bad habits? Is it possible to work too hard; eat too much; drink too much; play overmuch; sleep too long; enjoy too much; bathe too long and too often; get too hot or too cold; or wear too much or too little clothing? Is it possible to overwork or underwork the emotional nature? Does anger, fear, joy, envy, spite, jealousy, prejudice, hate or lust cause ill-health? Does the practice of any of the habits of life to excess cause ill-health? Will the neglect of duty cause ill-health? Can dishonesty, lying, deceit, disloyalty or dishonor in any form break down the health?

If I have a reader who is unwilling to believe that the foregoing bad habits can cause ill-health, he should stop reading my writings and take advice and health education from doctors who believe that germs are the sole cause of disease.

Those who can see in wrong life a sufficient cause for disease are mentally prepared to receive relief and cure from a rational system based on correcting all errors of life.

I am criticised for frequently saying that regular medical treatment does not cure—that doctors who practice according to modern medical science cannot cure disease. Of course, nature cures when there is any curing done, but nature must have help by way of the removal of obstructions to normal functioning. This being a self-evident truth, how can a treatment, that seldom, if ever, takes notice of basal cause, do more than palliate? For example: A woman who has a severe endometritis (chronic inflammation—catarrh—of the womb) is in a state of enervation. To cure the local disease requires something more than local treatment. “Yes,” says any good “regular” doctor, “the patient needs good, nourishing food.” But food is a stimulant, and overstimulation has brought on the enervation. The enervation may have been aided by one or a dozen bad physical or mental habits, such as have been mentioned.

ENERVATION SHOULD BE CURED FIRST.

Before any local disease is cured, enervation must be cured, and this requires tact and skill in manipulating the treatment of the patient; for more or less nourishment is needed and must be given, and it must be of a kind, quality and amount that will sustain life, but not add to the enervation by overstimulating.

Correcting the eating and taking the proper care of the body are some of the leading auxiliaries in the line of cure, but he who would undertake to cure female diseases without correcting bad mental states invites failure.

Worry creates indigestion; indigestion fills the bowels with gas; and, on account of the absorbed acids, the normal alkalinity

of the blood is lessened, which gives rise to irritability. Gas distention of the bowels brings on uterine, ovarian and kidney misplacements. Surgery can remove these organs, but the knife cannot remove worry.

Leucorrhea is a discharge of a fluid character from the vagina. There are several varieties. The most common are mucous or catarrhal, watery and purulent; and then there are mixed varieties, made up of mucus and pus, mucus and water, etc.

Leucorrhea is a symptom; the catarrhal variety is always indicative of an inflammation of the mucous membrane. When profuse, it indicates that there is a large surface involved, probably the lining membrane of the uterus. When this discharge is slight, only the neck of the womb is involved. The intensity of the constitutional derangement has much to do with the quantity of the discharge. When there is much enervation and suppression of elimination, especially of the cutaneous surface, favoring the catching of frequent colds, a local inflammation of any of the pelvic organs extends very rapidly, apparently for the purpose of establishing a vicarious discharge—a vicarious elimination.

The more imperfect the systemic elimination, the more discharge there will be from the uterus, if the uterine mucous membrane proves to be the point of least resistance; but if the lungs should be the vulnerable point, then the vicarious drainage will take place from them, and the disease is called pneumonia, bronchitis, or possibly tuberculosis.

When the systemic and local conditions are catarrhal, bruising, abrading or tearing the tissues furnishes a focal point for pent-up humors to secure an exit.

PAINFUL MENSTRUATION.

Young, unmarried women, and married women who have not given birth to children, suffer much more from painful menstruation than those who have borne children. The cause is not understood.

Young women who are victims of painful menstruation have autotoxemia. The rule is that their mothers were autotoxemic before them, and the children were born encumbered—as babies they were too heavy. All children exceeding six or seven pounds at birth are autotoxemic; however, children are more nearly healthy at birth than their mothers, for they are nourished through the placenta, which acts as a purifier of the mother's blood. There are safeguards thrown around children from conception to weaning time, which, if not broken down, start every child out on the road of life in much better condition than its parents.

Those who are born encumbered find a domestic environment to match. They are fed and cared for in a manner that adds to their inheritance, so that by the time puberty arrives they have developed an autotoxemic state that is marked by catarrhal inflammations of different mucous membranes. As school children, they had the catching-cold habit. They were troubled with nasal catarrh, adenoids, tonsillitis and other children's diseases.

When puberty is attained, the reproductive organs take on their normal functioning; but when there is a chronic catarrh, or a chronic autotoxemic state, the normally increased flow of blood to these organs is intensified to such a degree that at the menstrual period this influx amounts to congestion. As a result of these monthly congestions, inflammation develops, marked by painful menstruation and leucorrhea; the latter will appear a day or two before menstruation and last for a few days after.

The cause of the pain is an overengorged or congested state of the ovaries and mucous membrane of the womb. Gradually the mucous membrane becomes permanently thickened, thus lessening the caliber of the canal in the neck of the womb. Not only is the mucous membrane thickened, but the submucous tissues and muscular structure gradually become infiltrated and hardened, so that the normal elasticity is lost.

While this change is taking place, indigestion, with its accompanying distention of the bowels from gas, is playing its part in developing misplacements. The reproductive organs at this stage are in a hypersensitive state, and there is more or less fixation; that is, the parts are more or less rigid. The abdominal muscles are tense and fixed, as are also the muscles of the pelvis. The gas distention gives pain by its downward pressure, the womb is rigidly held by this general fixation of the muscles, and the downward pressure upon it causes it to become flexed; and this is particularly favored when the body of the womb is not pronouncedly involved in the inflammation and is more movable than its neck.

UTERINE FLEXIONS.

When the womb is ante-flexed — bent forward — or retro-flexed — bent backward — the pelvic derangement is bilateral; when the flexion is lateral, it indicates that the pelvic derangement is unilateral, meaning that one side only is involved in the fixed state, with the opposite side more or less free from the effects of contraction.

I have seen cases that had developed such a rigid state of the abdomen and pelvic organs that there was no relaxation except when the patient was asleep; and, indeed, the rigidity is often the cause of insomnia.

This on-guard state, when of long standing, is the cause of more suffering than the disease which the guard was established to protect from pressure and jolting.

Treatment: The treatment for this disease consists in righting the life. In extremely bad cases, the woman should be put to bed and fasted until completely relaxed. The profession commits the inexcusable blunder of subjecting many of these cases to the knife. Forcible dilation and curetage is a common treatment, but the relief is of very short duration. When this treatment is given married women, they frequently become pregnant before the parts relapse into the original state. This is believed to be a desirable sequence to the curetment, but, according to my observation, it is not an unmixed good, for the hardened state of the neck of the womb is not fully remedied by pregnancy, and when labor comes on, the patient suffers more pain and has a longer confinement than is natural; besides, the neck of the womb is always more or less lacerated.

Young, single women should not be subject to vaginal examination, but should have all bad habits of body and mind corrected. The general health must be built up. Cold sponge baths, followed by skin friction and much exercise in the open air, are desirable. The eating should be plain and simple. Meat should not be taken oftener than once a day, and, until gas formation is overcome, potatoes and foods made from grains should not be eaten. Fruits, simple vegetables and salads, vegetable soups and the dairy products are admissible. The dairy products, except butter, should not be eaten unless the bowels are regular.

When the menstruation begins, with its accompanying pain, the patient should take a hot bath. The water must be as hot as

can be borne, and the bath should be prolonged until freedom from pain is had, even if it requires a half-hour or more time.

A young lady suffering intense pain from this cause should give up her social functions until well.

To epitomize: The cure for this disease is to practice common sense in the care of the mind and body.

Married women may be treated a little differently. If judicious local treatment can be given, the cure is hastened. The galvanic current will hasten the softening of the neck, and cupping and withdrawing the excess of blood will relieve the congestion. This may be done twice a week, or once or twice just before menstruation, and twice, three days apart, after menstruation.

It is impossible to cure this disease if the patient will not give up dinners and teas; and those who are unfortunate in having a cause for jealousy, or who are jealous without a cause, need not hope to get well while they maintain such a state of mind.

CHAPTER IV.

ENDOMETRITIS AND ENDOCERVICITIS.



DEFINITION: Inflammation of the lining membrane of the cavity and neck of the womb.

Inflammation was referred to when describing ante flexion and retro flexion, but the inflammation accompanying these displacements is in reality only the primary stage of what later develops into the diseases which are the subjects

of this writing.

In referring to the article on versions, or flexions (flexion is an extreme type of version), the reader will be reminded of the systemic derangement that favors the development of all pelvic disorders. This should always be held in mind, for primarily there is always the same constitutional dyscrasia acting as a basic cause for all chronic pelvic inflammations, and—need I repeat?—for every other persistent inflammation.

Those mothers who have suffered during single life from painful menstruation, excessive menstruation and the accompanying nervous derangements, such as headache, neuralgia, eye-strain, dyspeptic symptoms of all kinds, constipation, gas distention of the bowels, heart palpitation, short breath, sharp cutting pains at times in chest and abdomen, swollen mammas or enlargement of the glands of the breasts (sometimes erroneously

diagnosed cancer), will suffer one or more tears of greater or less importance in the neck or mouth of the womb during their first confinements, and subsequent births usually add to the first injury.

The reason the neck of the womb tears is because it has lost its natural elasticity from the hardening of the tissues resulting from the causes before mentioned.

WHY WOMEN DO NOT GET UP STRONG.

When a mother, after any labor, fails to get up strong and well, it is safe to assume that she has received an injury to the neck of her womb, and the misfortune has been followed with more or less septic infection.

Septic infection further impairs the already deranged blood, so these unfortunate women are pale and are said to be anemic; but they are really suffering from pus absorption.

This blood-poisoning, when severe, added to the previous autotoxemia, causes possibly a fatal peritonitis; or, if not so intense, a milk-leg, or pelvic abscess; or, if fortunate enough to escape the severer forms of inflammation, these patients will not escape developing a local inflammation and ulceration of the injured parts.

Following such confinements, the womb fails to involute (become reduced to normal size), the neck as well as the body of the womb remains heavy, and the walls are thickened from two to six or more times the normal thickness. The torn and bruised tissues will at best take on a low grade of inflammation and ulceration, and there will be a heavy, yellowish, catarrhal leucorrhea exuding from the ulceration, and a thick, tenacious, transparent discharge from the non-ulcerating surfaces. The neck of the womb is so thick that the lacerated parts separate widely,

and look very angry and formidable. The red, granular surface is sensitive to the touch, especially at the bottoms of the angles of the lacerations, and bleeds easily. A slight rubbing with cotton, sufficient to remove the tenacious secretions from the surface, is quite enough to start the blood to flowing.

When this disease is fully developed, the general health impairment is very great; all previous symptoms are exaggerated, and the unfortunate woman complains of a weak back; backache; aching in the back and hips, extending down the limbs to the lower part of the legs; heavy, dragging sensations in the lower part of the abdomen; at times, burning in urinating; wakefulness; headache; irregular appetite; heavy, languid, tired feelings; frequent constipation; piles; and many women suffer from despondency. The foundation for despondency often arises from the fact that these mothers blame themselves for keeping up an expense which the family income can ill afford. The expenses for nurse, doctor's bills and domestic help, instead of ending as calculated in advance, continue with no promise of a cessation.

WHY PROSPECTIVE MOTHERS SHOULD BE TAUGHT HOW TO HAVE EASY LABORS.

All too frequently the bread-winner shows his displeasure and impatience at his hard luck. He cannot see why his wife has to make so much more expense than other women. The sick woman cannot understand why she gets along so badly when some of her friends had no trouble at all. Doctors come in for a lot of blame, and, many times, not unjustly, for they have a *penchant* for using instruments and otherwise expediting labor. In this hurry-up and impatience they are encouraged by the woman, who wants to be relieved of her suffering as soon as possible, and

the consequence is that a labor that should be retarded for thirty-six to forty-eight hours is precipitated in from six to eight hours. This hurry invites, and indeed causes, bruising and laceration, the end of which, and what it will be, no one is wise enough to guess. Death from septicemia is a possible contingent; but if the ending is not so tragic, there may be damage to health for life. At the very least, sufficient damage is done to require the finest medical skill to right it in a reasonable time. It can be safely predicted that the class of skill that brought the woman into her trouble cannot get her out of it.

Such confinements must be handled with great care, to avoid lacerations, and there is a small per cent that even the most consummate obstetric skill will fail to protect, unless the physician is employed at the beginning of pregnancy and can have the nine months in which to prepare the patient for her labor.

The cause of all this trouble is, as I have related in the previous articles on diseases of women, wrong life, leading to enervation, faulty elimination and hardening of the uterine tissues from chronic inflammation.

Our sins will find us out. Nothing is truer than that, if girls and young women persist in abusing their health, when they come to be mothers they will certainly pay for their errors with disease in their own bodies as well as in the bodies of their children. It is again true that the sins of the parents are visited on the children—not so much as an inheritance as from the daily practice, by the family, of bad habits. The mother who will not control herself cannot control her children, and she must suffer from cross, irritable and abnormally sensitive babies. Nervous irritation in mothers is reflected and shows itself in cross, irritable children.

Much is said about normal labors, and that civilized women suffer more than their aboriginal sisters. Why not? The body cannot be abused with impunity. Civilized people eat too much and eat improperly; they clothe their bodies too much and unwisely; cultivate their emotional natures out of all reason by overindulgence in physical and mental stimulation and neglect of exercise; all of which prematurely ages the body by hardening the tissues, and brings on disease; which, in truth, is a conservative measure and tends to overcome premature senility.

Men in the clutches of the degenerating habits of civilized life become inefficient at forty years of age; only a small per cent enjoy mental maturity. They frequently make no advance after twenty-five to thirty-five years of age; their wits go wool-gathering, so that they fail to see and embrace their opportunities. Instead of ripening, their minds come to a quick maturity, characterized by an irritable fanaticism which is spent in finding fault with life in general. Our social condition is that of turmoil, set in motion and kept active by the irritability of mental impotency. This is the price men pay for the habits that bring the misfortunes I am portraying to their wives. Do bad habits pay?

Disease, both physical and mental, is the rule among men and women. The impotency that is consciously felt by the masses, but not understood, takes form in more or less race-suicide. Impotency, not being a desirable biologic projection, nature everywhere strives to suppress it. In our present social state we see everywhere a determined effort to limit or suppress procreation.

HOW TO KEEP FROM HAVING CHILDREN.

One of the most important questions to be settled after marriage is how to keep from having children. Efforts in this line add to pre-existing physical derangements, so that the chronic irritation, inflammation and hardening of the neck of the womb already existing at marriage are further developed by frustrating the natural consequences of married life. When this is practiced for a few years, if sterility is not fully established, the normal elasticity of the uterus is so completely overcome that pregnancy will be accompanied with many disagreeable symptoms, and labor will be so hard, and the injuries so great, that a more strenuous effort will be made to prevent any more children being born.

Those who pay such penalties for living an abnormal life do not know that the fault is their own and that it is remediable. The average physician knows about as little as his patients, and when it comes to the question of having more children, the women declare they will not, and many are really afraid that a repetition would end their lives. In this belief they are encouraged by the doctor. Many such cases come to me for treatment and tell me that their physicians have declared that they have pelvic deformities and that they cannot give birth to living children, and that they (the mothers) cannot survive a second confinement. On examination I find not a word of truth in the statement. Pelvic deformities of sufficient magnitude to make childbirth inadvisable are very rare in the United States, but a large per cent of doctors are so innocent of any independent knowledge of what commonly causes unnecessary suffering in childbirth that they are thrown back on their college teachings about contracted and de-

formed pelvises, and they naturally suppose every severe labor must come from deformity. Consequently, abortion is recommended and put in practice.

CONSEQUENCES OF ABORTION.

Abortion is quite common, and its consequences are to be seen everywhere. Every time this outrage is committed, a little more is added to the existing disease. Menstruation, sex stimulation and abortion bring about a continual state of excitement, which keeps the reproductive organs in a state of congestion—engorgement. Add to this the shocks common to the use of all sorts of alleged preventives, and no one should be surprised at the amount of sickness common to women.

Waste of life is appallingly needless and is brought on with a carelessness worthy of fools.

The thickened and indurated walls and misplacements that always exist under these circumstances interfere with the circulation. The compressed parts have their supply of blood partially cut off, while the other parts are in a state of hyperemia; the veins fail to carry the blood away as fast as the arteries carry it in, and this results in an accumulation not only of blood, but of waste products. The elimination is greatly retarded; the tissues are poisoned; the lymphatics become diseased and take on enlargement. From this beginning, fibroid tumors are developed.

Treatment: The treatment for endometritis (inflammation of the mucous membrane of the inside of the womb) and endocervicitis (inflammation of the mucous membrane of the neck of the womb) must be constitutional as well as local. After childbirth the body of the womb is left enlarged, but the muscular structure of the neck is usually involved even before pregnancy

adds to its induration. Proof of this can be had by examining the neck of the womb before pregnancy, when it will be found hard and sensitive to touch, and an ocular examination will reveal the mouth red and granulated. After childbirth, as stated above, the body becomes involved in the enlargement because of a failure in the process of involution—the womb fails to return to its normal size. This enlargement complicates the disease by adding size and weight, which favors displacements. To overcome the enlargement should be one of the first objects of treatment.

The patient must be taught how to place herself in the knee-shoulder position. This position must be assumed every three hours daily, and it should be retained for ten or fifteen minutes each time. After getting into bed at night, this position should be assumed, and after the pelvic organs have gravitated into the abdomen, the patient can lie down on the right side, with the right arm behind and the left leg flexed, to prevent her from rolling over on her face. This is the best position for sleeping. These patients are to take as much exercise, lying on the back, as possible. Until almost well, no set exercise should be taken while standing. Walks in the open air twice a day, followed by ten minutes in the knee-shoulder position to overcome the gravitation of the pelvic organs caused by walking, must be taken without fail.

The eating should be very light—light enough to allow a gradual dropping of the bodily weight. If this is carried out, it will reduce the downward pressure in the abdomen from gas or fat, or both, and this will allow the pelvic organs to resume their normal position.

WHAT FASTING DOES.

Fasting, or eating very little, encourages absorption of pelvic enlargements; and it must be understood that these diseases cannot be overcome so long as the patient is determined to eat all she can or all she desires. So long as the abdomen is filled with fat or gas, there cannot be improvement.

No two cases require the same feeding; hence, I shall not suggest any set diet, but if the patient would get well rapidly she must fast or eat very little.

The object of fasting is to stimulate absorption. It should be known that so long as the body is kept busy with the food intake, it cannot rid itself of the effects of its previous oversupply. Less food than is required to maintain a normal physiological equilibrium must be given in all cases where it is necessary to get rid of inflammatory deposits, and any curative system that proceeds on any other line will fail to cure.

Potatoes should be eliminated from the diet entirely, and bread and meat should not be eaten oftener than once a day. Fruit and vegetable salads should be eaten more freely than any other foods.

In severe cases, with an aggravated state of both local and general symptoms, a fast of a few days to a week is a good thing with which to start the treatment.

Local treatment: A half-gallon hot-water douche may be used twice a day until better; then only once a day. The neck of the womb should be relieved of its engorgement by scarifying and drawing blood with a pump made for the purpose. This blood-letting can be practiced two or three times a week. I do not recommend local applications of drugs and chemicals, for

drugs cannot be of benefit. The cure must come through correcting the habits of life by proper feeding, and the care of body and mind generally.

When these patients can exercise without causing further displacement, they should work hard at physical exercise. When exercise is not admissible, deep breathing should be practiced two or three times a day in the open air.

CURETTING CAN'T DO MUCH.

Curettage is commonly recommended and practiced, and several years ago I resorted to this operation as a cure; but I have given it up. Relief follows the operation, but it is of short duration. The symptoms quickly return, and why not? Simply removing the granulations (which is what curettage does) in no way removes the cause. Where the internal opening of the neck is too close to allow the secretions to pass out readily, dilation gives relief; but relief from this operation is of short duration; unless the general treatment for overcoming the catarrhal inflammation has been successful.

In those cases where the mouth of the womb has been lacerated, the operation of hysterocleisis (closure of the os uteri by scarifying and suturing) is generally urged, but patients are often left with a more painful disease than they had before, because closing the mouth of the womb before the inflammation in it has been controlled will prove a mechanical obstruction to the discharge, and when the catarrhal discharge cannot pass out readily, its accumulation causes pain.

When the inflammation is overcome, the enlargement subsides, leaving a very insignificant nick where before there appeared to be a very large, ugly-looking wound.

When there is much enlargement and the laceration looks deep and wide, it is well to remember that its formidable appearance will be reduced in the same proportion as the mouth and neck will be reduced when all the abnormal thickening is removed; in other words, if the neck and mouth or lips are four times their normal thickness, the laceration will also be four times what it will be when the enlargement is reduced. By making this calculation, the mind will be relieved of the belief that an operation to close the wound is urgent. The truth is, if an operation is really thought to be needed, it should not be done until after the parts are reduced to normal size—after the disease is cured; then only the surgical maniac will believe an operation is necessary.

Above is given the treatment for chronic cases; I will now give treatment for the acute complications.

Complications. Septic or specific infection causing general or local inflammation.

After lacerations, if septic infection causes lymphangitis, phlebitis, cellulitis or peritonitis, they must be treated through their acute stages according to their special needs. These four diseases are different forms of the same disease. It is rare when septic infection is confined to the lymph glands, if it ever is; for the blood vessels must be involved, and the cellular tissues cannot escape; besides, an infection must be very light and restricted not to involve a small portion of the peritoneum, or, at least, that part covering the womb, tubes and ovaries.

It is well to think of infection following childbirth as septic infection, or even peritonitis, and treat every case with the same care and attention that would be given to a real childbed fever;

for, indeed, a little carelessness, mismanagement or bungling treatment may convert a slight infection into a general and fatal type.

CLEANLINESS IS MOST IMPORTANT.

Treatment: After childbirth or abortion, cleanliness is the most important therapeutic measure. If the temperature increases soon after either, and pain and tenderness are complained of, it is pretty certain that there is retention of debris, and cleanliness has been neglected before or during the time of labor. No time should be lost in attempting to correct the neglect.

If, after childbirth, the temperature rises, and pain or tenderness starts up in the womb, intra-uterine douches must be resorted to at once; if the symptoms are pronounced, the douches must be given every three hours. Boiled water is all that is necessary, and two quarts should be used at each douche; however, if two quarts are not sufficient to clear out the debris, four or more quarts may be used. The douching must be to the extent of reducing and keeping reduced the bodily temperature. The temperature must be the guide; the intra-uterine douches must be given as often and as large as necessary to keep the pulse and temperature down. After a day or two, if the temperature shows no inclination to return, the douches need not be given more than once or twice a day. Positively no food is to be given until the symptoms show that the disease is entirely controlled.

Abortion must be treated the same way. It is common to curet, but if infection is going on *without doubt*, to curet will probably cause death, for even if the instrument is dull, it is very liable to open new avenues for fresh absorption of septic material, and I have found that it is better to trust nature, aided by efficient

douches, to throw off the offending material than to tear down nature's barriers by blindly overworking even a blunt curet.

Of course, the uterus should be emptied if it can be done before infection has taken place, but to do so after septic absorption has begun is malpractice of the worst sort.

Infection has not always taken place in cases where there is pain and an increase in temperature, and these are the cases that appear to refute my plan of treatment.

Copious douches encourage the loosening up and expulsion of debris, and, at least, the septic fluids and gases will be washed away, and the cases will usually end with no worse results than a localized inflammation with abscess.

Is this all the treatment I give? What more is necessary to be given, except to prescribe heat to feet, fresh air and perfect quiet? What can drugs do? Nothing, except to reduce the vitality. It must not be forgotten that nature is busy, and all she needs is a little sane assistance in expelling retained material. If help in the line of clearing out the womb be of a rough character, nature's defenses will be broken down, and the result can be, and often is, death.

Specific or Gonorrheal Infection will not involve more than the first part of the urethra and vagina, unless it is forced by bungling medical treatment into the bladder or womb. Physicians who *must do something*, get busy with examinations and so-called instrumental treatment, and force the infection from the front portion of the urethra into the bladder, and from the vagina into the womb; and from there it appears that the disease is able to extend to the tubes and ovaries without assistance; however,

assistance is altogether too common by way of professional officiousness.

When the disease is simple and has not been forced beyond the limits set by nature, it is an easy disease to get rid of.

Treatment: The patient must keep quiet. Take a glass or two of milk three times a day, and use vaginal douches of pure hot water three times a day, having the water as hot as can be borne. Even in those cases suffering severely from chronic inflammation of the neck of the womb, the disease is not liable to infect these parts unless a medical bungler forces infection by gathering the virus on his instruments and dressings, and rubbing it into the granular surfaces. These surfaces are protected by a thick, tenacious, catarrhal secretion. Of course, no doctor will do such a thing knowingly, but it is done ignorantly, and ignorance should not be an acceptable apology.

In those cases where the infection has entered either the bladder or the uterine cavity, the treatment must be a simple diet and cleansing douches in the bladder and uterus, with correct care of the body in every way. Operations for the removal of the ovaries, tubes and even the womb are constantly practiced because of the extension of this disease, but with indifferent success; after much experience I recommend a conservative and waiting plan. It is better to bear the ills we have than to be too eager to fly to those we know not of. Nature can be relied upon to respond to kind and sane treatment. Nature heroically resents heroic treatment; that is why death so frequently results from the profession's lightning-like activity.

PHLEBITIS OR MILKLEG.

Inflammation of the veins affecting one or both limbs, following childbirth, is the same disease that we have to contend with when combating infective inflammation of the pelvic or abdominal viscera. Location and the different structural tissue formation is all the difference. The nature of the disease and source of infection are the same and require the same treatment.

Treatment: Douche the womb and get rid of the septic infection, and at the same time local treatment to the limb can be applied. Use hot applications to relieve the pain; but the cause in the womb must be gone after vigorously.

* * *

Cellulitis and Lymphangitis are distinctions that need not be seriously considered, because the treatment for either is the same.

Treatment: Get rid of the intra-uterine cause of septic infection in the same way recommended for the other diseases.

* * *

Salpingitis (inflammation of the tubes).—This and ovaritis receive their infection from the same cause, and the

Treatment must be the same.

Abscesses.—When abscesses form as the result of any of these local inflammations, the pus must be drained out through the vagina, the natural outlet.

If the treatment has been correct up to this point, nature will relieve herself, or point to her wish in the matter.

If I should allow myself to be held strictly to describing the two diseases that head this article, I could not digress to the extent of bringing in all the varieties of diseases caused by in-

fection; but inasmuch as endo-metritis and -cervicitis take their origin anterior and subsequent to these acute diseases, I could not give all the causes that enter into the evolving of typical cases without doing so, and if I succeed in showing the reader the unity of all diseases—showing that there is no such thing as an independent disease—I shall not feel that an apology is necessary for interpolating, so to speak, infection and its chain of supposed-to-be independent diseases.

I hope I have made it plain to the reader how that, in the first place, wrong life causes general systemic derangement, which makes it possible to develop local catarrhal inflammations; and then how these local diseases produce morbid tissues which, when injured, take on a more serious form of inflammation than they otherwise would; and how, after all this involving and evolving, we can have a typical case of chronic inflammation and ulceration of the womb.

I have referred to the diseases caused by septic infection, and now I shall simply allude to the adhesions which frequently take place and cause much annoyance in future life.

Adhesions.—Septic inflammation frequently ends in causing an anteverted uterus to adhere to the bladder, and a retroverted uterus to adhere to the rectum. Occasionally a retroverted uterus is tied in a conglomerate mass of adhesions to the rectum and left ovary; in extreme cases of this nature, patients suffer greatly, and unless they are willing to live very carefully, there is little hope of relief except by surgery; and even this may fail to give complete relief after the radical operation of removing all the reproductive organs. Why? Because it is almost impossible to

prevent gravitation of the bladder, rectum or intestines into the wound, where they will adhere.

It has been my experience, however, that if a woman who has been unfortunate enough to get into this state will live strictly a prudent life, she can have quite a comfortable existence.

Wrong life continued after adhesions have formed will force further degeneration. The ovaries take on cystic disease, and quite large ovarian tumors are known to develop very rapidly. One of the commonest diseases to develop at almost any stage of uterine disease is fibroid tumors.

PEOPLE CAN HELP THEMSELVES.

Lay readers who need help because of any of these diseases can, after reading this, be of great help to their physicians in conducting a successful treatment. At least, my readers should be intelligent enough to know that much depends upon the care they give themselves. In such diseases, prudence in the care of the body, and a willingness to rely on the important element of time, enter very largely into a successful treatment. Unwillingness to let well enough alone sends many to a premature death.

Were I a woman, and so unfortunate as to develop chronic pelvic disease, knowing what I do, I should rather trust nature, aided by prudence on my part, than to have the skill of a dozen of the best surgeons in the world; for surgeons have no power to give health, and their operations are oftener in the line of obstructing nature, and dissipating needed vital energy, than in the line of removing causes.

CHAPTER V.

PELVIC SUPPURATION—ABSCESS.



INFLAMMATION often ends in abscess. In the previous chapter pelvic inflammations and their treatment were gone over; suppuration or abscesses frequently follow the diseases described in that chapter. When women have a normal resistance—when they are not greatly autotoxemic—inflammations caused by injuries at childbirth are confined to small areas, and end quickly and normally; but a considerable percentage end in suppuration, or the formation of abscesses.

The local inflammation may subside, and be re-ignited, so to speak, by unclean surgical manipulations, such as soundings, curettage, or other rough, unskilled handling.

All patients who have had local inflammation are liable to a recurrence if subjected to certain kinds of local treatment. To cauterize the womb for ulceration, which is a common practice, notwithstanding its doubtful utility, is liable to light up a fresh inflammation in the site of an old. This is especially true if the previous disease was gonorrheal inflammation.

This accident is liable to take place in the practice of the most skilled physicians, and when it does, the price the patient will pay will be a long sickness, a surgical operation, or death; perhaps all combined.

The patient in whom this accident is liable to occur is in an unfavorable physical state, and liable to take on inflammation from the slightest provocation; surgical operations to relieve too often become the exciting cause of a destructive—life-destroying—inflammation.

FALLOPIAN ABSCESS.

A latent case of inflammation and suppuration in both fallopian tubes came under my observation a few years ago. The physician in charge of the case told me that he had curetted for the purpose of overcoming excessive menstruation, and as the patient gave a history of uninterrupted health for twenty years, he operated unhesitatingly. No improvement followed the curettage, but, instead, there developed uncomfortable pelvic symptoms, with a sub-acute inflammation; the temperature did not go above 100 degrees Fahrenheit. The patient being quite stout, with a thick abdominal wall, I had some difficulty in locating the disease; but when I did, and told the physician that his patient had pyosalpinx—pus in the tubes—he did not hesitate to express his doubt of the correctness of my diagnosis; for, said he, “there is no history of pelvic disease, and the curetment was performed with care, and a dull curet, and I am sure I did no damage.” I gave as my opinion that the curetment had caused inflammation to start up in the site of an old inflammation, and that the disease was originally gonorrhea. This I proved to be true by securing the husband’s acknowledgment of having infected his wife twenty years before; but, he declared, “she fully and quickly recovered from that disease.” Neither the doctor nor the patient’s husband believed that the infection of twenty years before had anything to do with the present disease, there-

fore doubted my diagnosis. Other surgeons and consultants were called, which resulted in an operation three days later, and both tubes were removed. The doctor informed me after the operation that both the tubes were enlarged to half the size of his wrist, and filled with pus.

The unfortunate woman died three or four hours after the operation, which agreed with the prognosis I had made at the time I was in consultation. I opposed an operation for several reasons: First, with proper nursing and care, the patient was in no danger of dying. Second, her chances for recovery by an operation were almost, if not quite, nil. Why? Because she was too stout, and her heart was weak. Those who weigh above normal, and who are pronouncedly autotoxemic, take on inflammation easily. Third, those who have had gonorrheal inflammation of the tubes and ovaries are left so vulnerable that a second inflammation is easily started up; ordinary manipulations in the line of treatment, and surgical operations, are resented, as it were, by the body, and the death of the patient is often the only reward the doctor has for his pains.

The perversions, or scar tissue, left by septic inflammations, are as vulnerable as those left by gonorrhea; indeed, these secondary inflammations act much the same, whatever the difference contended for, concerning the character of the primary infections.

If this case had been left without operation, what would have taken place? The woman had been sterile for twenty years, due probably to the closing of the openings of the tubes into the womb. If she had been left alone, possibly the pus would have forced its way through these closed openings, this being the natural route for it to take; if not, it might have found

exit through the rectum or vagina, when the resistance to the normal route could not be overcome.

The careful physician will watch and give whatever assistance is necessary in such cases, but it should not be forgotten that death of the patient is the price for hasty, ill-considered medical and surgical interference.

THE DANGER IN ABSCESS.

It is doubtful if any form of pelvic abscess will end in death if left entirely alone. The danger in all abdominal and pelvic abscesses is medical and surgical interference. Rough examinations complicate by breaking the pus sac and forcing an extension of the disease into territory that nature has protected by walls of adhesions. Operations following such examinations always show how very "necessary the operations were;" but if the surgeon's fingers had not been forced through the abscess walls, rupture would not have taken place. If left alone and not interfered with, in due time the pus would have found a safe exit.

Those who have been reading my writings for several years should be quite familiar with my attitude toward surgical interference in abdominal and pelvic abscesses. I object to appendectomy, because, in the first place, the operation is unsurgical, and, in the next place, it is unnecessary, even if it did not outrage one of the most important surgical principles known, namely: "Always open an abscess at a point where drainage will be perfect." To open the abdomen for the purpose of treating an abscess is inviting trouble. Why? If drainage is necessary after such operations (*and it is always necessary where pus has*

formed), it must be secured at the great disadvantage of being in opposition to gravitation.

Appendicular, ovarian, tubal and cellular abscesses tend to open in the line of least resistance, and gravitation. All cases of appendicular abscess will open into the intestine, if not complicated by medical officiousness and improper nursing. The pelvic abscesses will empty through the womb, vagina or rectum, if permitted; but when roughly handled—when subjected to many *scientific bimanual examinations*—the pus may find its way through the bladder, or be ruptured into the peritoneal cavity, which accident will be followed by death, unless a hasty operation happens to save the patient's life.

There are a great variety of names given to the abscesses of the pelvis, derived from their location.

The general symptoms are fever, chills, rapid pulse, pain, leucorrhea, swelling and fluctuation on bimanual palpation; in some cases, great restlessness.

Fever is not always present. Chills, followed by fever and sweating, announce pus formation. Pressure on bladder and rectum is a common symptom.

Treatment: Rest is the most important remedy. The less food taken the better; hot vaginal douches should be given every day; enemas to keep the lower bowel empty.

When examinations are made, they should be as gentle as possible; instrumental examinations are liable to do harm.

It is better to be six months or a year getting well than to get in such a hurry as to invite a funeral. Impatience of doctors and patients often brings about the death of the latter. When death is not the outcome of hysterical impatience and professional

officiousness, life-long invalidism has been known to follow, and is always a possible contingent.

CULTIVATE PATIENCE.

Not many people will choose a plan of treatment that promises more chances for a fatality or chronic invalidism than a cure, if they know it, and to all such I will say: Cultivate patience to endure your ills, and a willingness to make whatever personal sacrifices are necessary in giving up sense-pleasures until health is restored. Your lives need not be empty; embrace the opportunity of cultivating self-discipline. Every such misfortune can be turned into a blessing, if handled right. Those who suffer such pain bring it on by indulging the appetites; those who suffer mentally from the restraint forced by disease need to cultivate poise. By cultivating contentment and resignation, the cure is hastened, and a power over self is gained that will be of benefit when health is restored. Remember that doctors can do very little except give good advice, unless they are forced, by your unreasonable solicitation for relief, to do you harm by giving you drugs to control a pain that your impatience and imprudence have built, or give you a questionable operation.

Eating imprudently and for pleasure will build much discomfort, by causing indigestion, which fills the bowels with gas, and the gas pressure causes nervousness and pain. Eating more than necessary increases arterial tension; this is followed by nervousness and pain. Pain belongs to irritability and impatience. Poise is the best single remedy for controlling all pain. Irritability and impatience ruin digestion and blood-making.

All disagreeable symptoms can be got rid of by fasting and mental self-control. After comfort has been secured, then eat

sufficiently light to maintain comfort. Those who are pampered and have no self-control get the worst of sickness.

When pus points, it should be let out, and drainage put in.

When women decide that it is better to sacrifice a portion of their bodies to the Surgical Moloch, than to adopt a style of life that requires much self-control to insure health, they are in line for the boneyard.

UTERINE POLYPI.

Small growths, called polypi, either mucous or fibroid, develop in the womb and neck of the womb. They cause leucorrhea and hemorrhage.

When the menstruation is too profuse, and there is a marked leucorrhea, the cause may be due to these small growths.

Treatment: When long enough to protrude from the mouth of the womb, they can be twisted or cut away. When developed to the size of an egg, they cause more or less bearing-down pain, and profuse hemorrhage. They are easy of removal, and should be removed by the family physician before the patient is informed of their presence; for when a patient has lost enough blood to cause anemia and nervousness, the knowledge that a tumor is causing the trouble creates much worry, even if the physician assures the patient that it can be removed without pain. Remember that worry kills by overcoming resistance and ruining blood-making.

I am sorry to say that there are physicians who make a great deal of these growths by telling their patients that they must go to the hospital for operations. This statement creates needless fear. One such case comes to mind: A gentleman living in a town forty miles from Denver brought his wife to me

for examination and opinion. I found her extremely nervous; pulse 120, and complaining of pain in the pelvis, and leucorrhea. Speculum examination revealed a small mucous fibroid projecting from the mouth of the womb. Without a suggestion of my discovery, I applied forceps, and gently twisted it off. When I had finished the treatment, I said to the patient: "This small tumor which I have removed has probably caused most of your nervousness. You will now be all right." Whereupon she hysterically replied: "Tumor! You have removed a tumor from me?" And, looking at her husband, with tears and sobs she cried: "Why didn't our own doctor take it away and save me all this dreadful worry I have been going through for a week?" Then the husband told me that his wife had been ordered to go to the hospital to have a tumor removed, but that they had decided to consult me first.

The woman was sick from worry, and when she found that there was really no excuse for all the mental torture she had gone through, the good opinion which she had entertained of her physician took a sudden slump. Why the doctor made so much of so insignificant a growth I can't imagine.

Fear is very enervating, and must be avoided when possible. This woman's high pulse and nervousness came from her worry caused by the fear of an operation, all of which was as needless as her tumor was insignificant.

When there is no fear, there is but little pain accompanying even major operations.

CHAPTER VI.

FIBROID TUMOR.



IRRITATION builds tumors. There are three varieties of fibroid tumors: the *submucous*, *interstitial*, and *subperitoneal*. The submucous fibroid develops inside of the womb. This variety causes hemorrhage, and when located close to the neck, it causes uterine contractions. These contractions are described as bearing-down pains. In the course of time these tumors are forced out of the womb, and, like the polypus, can be removed without trouble. When the tumor is located close to the fundus, it may develop to the size of a large orange, and create no trouble farther than more or less hemorrhage—profuse menstruation.

The *interstitial* variety develops within the walls of the womb, but when it attains any size, its development will be more to the outside. In its early development it may cause hemorrhage, but it is not so much inclined to do so as the first variety.

The *subperitoneal* fibroid tumor develops on the outside of the womb, under the peritoneal covering of the womb. This variety attains the greatest size, because it is not restrained by pressure, nor relieved by menorrhagia; it may develop to so great a size that it will cause discomfort from its weight, and pressure on the bowels and bladder.

Etiology: The cause of fibroid tumor of the uterus is not single; indeed, the causes are numerous—multiple. Cause, so far as any disease is concerned, is multiple; but fibroids, in any part of the body, have as cause a veritable Hydra.

Most authors declare that the disease is more common in unmarried and nulliparous women. This has not proven true in my experience, yet I can see why it may be true as a general rule.

The uterus is a sex-organ, and is influenced by the mind as well as the body.

At puberty there is a greatly increased flow of blood to the pelvis, especially the sex-organs. If the eating and care of the body are overstimulating; if the food tends to excite the sex-nature, and the mind is fed by lewd fiction, moving-picture shows of the dime-novel order, impure companionship, the pelvic organs will take on an intense state of irritability, with periodic congestions that will be marked by painful menstruation, excessive flow, even hemorrhage of a fearful nature, may occur.

Those who flow excessively during the menstrual period are not so liable to grow large fibroids as those whose menstruation is not very materially increased in quantity.

THE MEANING OF EXCESSIVE FLOWING.

Those who flow excessively look upon the excess flow as the real disease. They believe that if they could have the hemorrhage controlled they would be well, or have little to worry about. This is true from one point of view. A treatment that inhibits all the influences causing pelvic congestion will undoubtedly bring the menorrhagia (excessive flow) to an end, and

not only end the engorged state of the pelvic organs, but bring about complete control of the growth of the tumor.

Young women whose moral training has been to avoid every act that convention would censure—never to do anything that could be criticised by the most prudent—but who have been left to the ravages of lascivious imaginings, suffer greatly from pelvic congestion.

Too many young women, as well as young men, believe that if they avoid overt acts of sexual immorality, a sensual mind can do no harm, and not be detected. The general moral education on the subject of sexuality amounts to the belief that if the sexes do not mix physically or mentally, they may debauch themselves agreeable to their inclinations, and they cannot be held responsible to God or man for these covert acts. But alas! The laws of health are no respecters of persons. They place the stamp of disapproval on the debauched mind as well as on the debauched body.

It is not generally known, but should be, that some of the worst sexually debauched young men and young women we have are among those who have not committed an imprudence or broken a conventional rule in a sexual way, that could bring a rebuke or criticism from a prude, yet physically and mentally they show a greater moral and physical deterioration than many who believe in and practice libertinism. Rewards and punishments coming from nature are impersonal and unmoral. The person who believes that a life spent in contemplating his navel is the best way to prove to the powers that be that his greatest desire is to serve his Master, may suffer in many ways because of breaking the laws of health, while another may repudiate every recognized moral law, and live wholly to gratify his sense-desires, yet

he may live longer and enjoy better health than the consecrated man.

Morality is too often a set formula, with nature's requirements left out. To illustrate: A pious man may spend so much time in dark, dank churches that he contracts tuberculosis; he then may renounce his piety, and leave the church for the open air; fish, hunt, and profane the Sabbath in all sorts of desecrations, and recover his health. An impure mind without an overt act ruins health. A normal mind with an unrestrained body means fully rounded-out health. Why? Because normal minds do not run to excess.

Self-consecration and acts that are contrary to natural order will bring punishment, in spite of the fact that they are fully approved by moral censors.

Onanism means physical and mental self-pollution. When this state exists, all organs belonging to the sex-function are kept in a state of congestion. Too much blood in a part causes enlargement, and when the enlargement continues for a long time new growth takes place—fibroid enlargement takes place.

It should not be forgotten that in all pronounced cases of functional derangement there must be the basal derangement, namely, autotoxemia; this systemic derangement furnishes a most excellent soil on which to grow fibroid tumors.

These tumors are of slow growth. Excessive eating, with much emotional excitement, and lascivious thoughts, are the exciting causes. When the flow is quite heavy each month, the tumor will grow very slowly. When the tumor is situated on the exterior of the uterus, or when it does not give rise to flowing, it will often grow very rapidly.

Symptoms: Hemorrhage—not always present, as I have stated above; heaviness in lower bowels; pain; irritation of the bladder and rectum; leucorrhea. These growths may interfere with childbirth, and they may cause constipation by pressure on the rectum.

Treatment: The usual prescription is rest during the menstrual period. Abdominal bandages are recommended; and pain is controlled by opium and belladonna suppositories and hot bags. Ergot and cotton-root extracts are given to check the flow.

When these remedies fail, *which they will in every case*, then extirpation of the tumor, or of the uterus plus the tumor, is the last resort.

The above is, in a nutshell, the treatment recommended by the “regular” school of medicine.

Almost daily it falls to my lot to pass upon the need of prescribed operations for fibroid tumors. In the majority of cases the most pronounced symptoms are those of indigestion and the consequent malnutrition; of course, there is in all cases the ever present autotoxemia. Every disagreeable sensation is too often attributed by the doctor to the tumor, and then when the patient is frightened about an operation, all her symptoms are exaggerated; this change is taken advantage of by some doctors to prove that her symptoms are all growing worse, and will continue to do so until she is operated upon. Such remarks as, “You should be operated upon before it is too late,” are not conducive to mental composure.

Am I exaggerating? I have been denounced by eminent surgeons for laboring to save patients whom they had either knavishly or ignorantly scared almost to death by urging them to submit to an operation.

Reader, what sort of an influence would such a statement as, "If you do not submit to an operation at once, you will not live to see the snow fly," have on you, if you had implicit faith in the doctor who tells you this on his *professional honor*?

There is but one symptom that gives the least justification for recommending surgery, and that one is hemorrhage; and when a doctor finds that hemorrhage is one of nature's conservative measures, he will then know that if the flow could be controlled, on the order of astringing or ligating the mouths of the blood-vessels, the disease would be made worse—the tumor would grow faster; he should know that a cure does not consist of removing a bleeding or growing organ, but of removing the causes which bring about the abnormal activity of the parts. When the womb is removed along with the tumor, is the disease cured? How can the removing of an effect (that is what a tumor is) cure a cause?

If hemorrhage is a conservative measure—a safety valve, so to speak—it should not be interfered with, except to remove its cause; and when the cause of the hemorrhage is removed, the cause of fibroid tumors is also removed; after which there isn't anything left for nature to do but to absorb the tumor, which she will do in a reasonable time.

HEMORRHAGE DOES NOT ALWAYS COME FROM FIBROID TUMOR.

Hemorrhage does not always come from fibroid tumors; cancer of the neck of the womb is frequently accompanied by very profuse hemorrhage. Both these diseases have nearly the same origin. The cancer usually locates in the site of an injury—in the site of a tear received at childbirth—while fibroids spring up in any part of the uterus that fortuitously carries the greatest

amount of blood. Both these diseases must have autotoxemia as a basal cause; then the exciting causes necessary to center pathological activity in the pelvic organs, especially the sex-organs.

Surgery for the relief of fibroid tumors is the physician's apology for not knowing how to treat the disease. Every little while we hear of some physician's wife being sent to the operating table for the removal of her womb, tubes and ovaries, because she has a fibroid tumor that is causing her to have profuse menstruation or perhaps hemorrhage; or there may not be any more excuse than that the patient has great discomfort in the bowels. and the doctors believe that the tumor is the cause, when in the majority of cases the pain comes from indigestion. Because doctors send their wives to the surgeon is no proof that surgery is necessary; it only proves that the doctor and surgeon do not know what the cause is of fibroid disease.

Ten years ago I was consulted by a young widow. She had the adhesions and scar tissue left from a previous pelvic inflammation following an abortion; she also had a small fibroid—one not larger than a hen's egg. I advised her how to live, and then urged her to keep away from doctors. I said: "You have a little trouble which, if you forget and live wisely, will not trouble you much, nor prevent you from living to be old; but if you allow anyone to persuade you into being operated upon, you possibly will not survive the operation, or, if you do, you will certainly be an invalid afterward."

One year after this advice she married a physician; a real A. M. A. doctor; a man who was better posted on quacks than healing. A few months after her marriage she came to see me, to tell me that she was going to have an operation the next day; that her husband and several of his medical friends had decided

that an operation was just the one thing lacking to put her in fine shape. She had better than average health, and, so far as being in discomfort was concerned, she was well and comfortable enough; her pelvic derangement hurt her mind more than her body.

I wished her success and a quick recovery, and made a desperate effort to make her believe that I believed that she would come out all right.

Poor little woman, she died before the operation was completed. The adhesions prevented a quick operation; the time occupied in operating, plus the anesthesia, proved too great a shock for her, and she died without regaining consciousness. This woman, like many others, alike unfortunate, could have lived to old age, if she had not become tangled up with a surgical enthusiast. *

After reading what I have to say about cause—the many causes of fibroid tumor—can any thinking reader say that he is at a loss to know what to do for the disease?

The most common complaint made against my writings is: “Dr. Tilden doesn’t tell me what to do!” The childishness of such a statement is certainly discouraging.

If I say that tobacco, or overeating in starch, brings on nerve-depression; and that diseases cannot be cured unless the habits which cause them are corrected, some *constant reader* will write to me and want to know why I do not tell the CLUB readers how to cure nerve-depression caused by tobacco or starch. Stop to-

*A surgical enthusiast is a doctor who believes in resorting to surgery when he doesn’t know anything else to do.

bacco, of course; and cut out bread, potatoes, etc., until better; then do not eat such foods oftener than once a day.

Remove the cause! *Possibly some reader will say, "What is the cause?"* How can I know until I am informed of the style of living of the prospective patient?

FOOD MUST FIT THE NEEDS.

Quality and quantity of food must be adjusted to the needs; bathing and clothing must be correct; if exercise is neglected, it must be resumed; the mental state must be righted; if the mind is lacking in poise, or morbidly fed by sexual longings, self-discipline of body and mind must be practiced.

Whatever is necessary to be done in righting the life must be done; for disease always means wrong life.

Eating must be cut down enough to remove arterial pressure, and if the patient is over weight, the weight must be reduced.

If there is much swelling and engorgement of the neck of the womb, with ulceration and leucorrhea, the engorgement must be relieved by wet cuppings, and copious douches of hot water should be used once a day. Until all symptoms are relieved, the eating should be limited to fruit for breakfast, vegetable soup for lunch, and fruit and vegetable salad for evening meal.

To stop flow, go to bed or keep quiet, and take no food except the juice of a half lemon in a glass of water every three hours.

No one should allow a disposition to flow too much and too often to go long without learning its cause.

It may accompany fibroid tumor, cancer, ovarian and uterine congestion, incomplete abortion, mucous growths. Go to the best physician in your community and learn as soon as possible what

the character of the disease is, and then proceed in a rational way to get well.

Take electrical and vibratory massage, or osteopathic treatment administered by a D. O. who understands his business. Establish good habits of body and mind.

A one-idea treatment will have no success with fibroid tumor. Fanaticism isn't worth much to any except small minds. Cures accompany broad, sane principles.

CHAPTER VII.

MENSTRUAL DISORDERS.



ORMAL menstruation means health. Menstruation begins in a small per cent of girls from eight to twelve years of age. Under twelve means precocity, and, with an environment that feeds and at the same time restrains the emotions, may make a shipwreck of health and life.

It is a safe statement to make that feeding has been of a nature to hasten physical development, in all cases of sex precocity—too much nitrogenous food, such as meat, eggs and cereals. If the ingestion of carbohydrates—sugar and starch—were not also great, possibly the consumption of the nitrogenous foods would not be too much. It should be remembered that sugar and starch furnish heat and force, which, in connection with the heat and force properties contained in the tissue-making foods, make the supply of heat and force too great, and overstimulation takes place, which oversupply hastens maturity in the young, and decay in the old.

An habitual oversupply of food, or crowded nutrition, may be looked upon as an established fact in all women who present symptoms of catarrh, or who have the catching-cold habit, or who are troubled with menstrual disorders.

The foundation for a catarrhal habit of body is usually laid in childhood. All children are overfed; a good percentage develop an enormous capacity for food, and those who do not die

from some acute disease before maturity usually develop much nervousness. Those women who come into maturity after such a childhood have many symptoms of indigestion, such as bloating of stomach and bowels; pain at times from gas distention; constipation may be present all the time or only occasionally; headaches are common; heart palpitation, dizziness and noises in the ears. There is always more or less functional disorder of the reproductive organs. Painful and profuse menstruation is quite common.

The longer these symptoms are kept in evidence from errors of life, the more pronounced all symptoms become. Menstrual disorders must be one of the consequences, and if the victim of all these symptoms resorts to drugs for relief, enervation will be further intensified until health is lost. At about this stage, if not before, one or both ovaries will have to be removed, the appendix taken out, one or both kidneys must be cabled, and many other operations of less importance performed, until there is not an organ left for the surgeon to blame for the discomfort. But when there is nothing left to remove, and the patient suffers from the same old pains, notwithstanding they had been cut out several times, the physicians make a wise discovery: they find that the altitude is too high or too low. The prescription will be for the particular altitude that will take the patient the farthest away; for doctors have not so much appreciation of wrecks as they have of wrecking, and when these patients are fit for nothing except the scrap pile, they will be sent to chase the phantom cure anywhere, just so they are far enough away not to annoy the good doctors who once upon a time were all attention and sympathy.

Reader, allow me to impress on your mind one of the greatest, most important and farthest-reaching truths connected with disease

and cure; namely: organs do not, within themselves, go wrong. If the stomach is giving trouble, it comes from the fact that it is abused by taking food when it requires rest. Engorgement of the liver is forced on the organ by dietetic errors, and the cure consists in removing the cause—stop the errors of eating. It is childish, and unworthy the great medical profession, for physicians to medicate the liver. When the womb goes wrong; when the ovaries become irregular in functioning, and pain is experienced, it does not mean that these organs have rebelled and gone out of the union of organs; it means that the habits of life are such as to interfere with the nerve and food supply; also the elimination. Why, may reasonably be asked, these organs and not others? Just why these organs are the nerve-storm centers, and not some others, must be determined by special examination. Perhaps the eating is of such a character as to produce irritation and engorgement or congestion of the reproductive organs, and this high state of irritation and blood pressure may cause uncontrollable sexual desires, which in turn cause self-abuse in mind and body, or force an otherwise virtuous girl into immorality. When this state lasts for a while, and the reproductive organs become hypersensitive, constipation and gas in the bowels will produce so much pain from pressure that the patient will scarcely be through one sick spell—nerve-storm—before she is into another. Imprudence in eating, causing an attack of indigestion, is enough to turn loose a morbid circle of nerve irritations; and the symptoms are so many, and often so contradictory, that patients will be treated much of the time for what they haven't. When women are caught in such a nervous dilemma—or such a medley of symptoms, would better express their true state—what is to be done? Remove the cause! Stop the habits that build indi-

gestion; teach the patient poise. All bad habits of mind and body must be corrected. What can surgery do? Nothing! Ruin such a patient!

This will give the reader a slight insight into the real cause, and the foolishness of much so-called treatment. It is of great importance that children be started in life right, if we would avoid shipwrecking their lives.

WHAT IMPROPER EATING DOES.

When children are fed oatmeal, or other breakfast cereals, with sugar and milk, for breakfast, they should not be given other foods. Lunch should be fruit, cooked or raw, with milk and sugar; then a dinner of eggs, meat or nuts, with vegetables, salad and cake, cookies, pies or pudding, but no bread.

It is a mistake to give children cereals, bread, butter, eggs or meat, and fruit for the three meals, and, as many do, allow them to eat between meals.

Overeating hastens maturity; and when the attributes of puberty begin to manifest, in forcing children under sixteen to show a decided preference for companions of the opposite sex, parents begin to grow uneasy, and suspect their young daughters of unnaturalness or degeneracy; instead of correcting the cause of their precocity, they restrain them; this restraint often grows bad feelings, and causes parents and children to grow apart. Parents, through their ignorance, build in their children an unnatural sex development, and then, to cap the climax of their stupidity, they believe that by punishing severely enough they can suppress what they interpret in their children as vicious tendencies.

What happens? If they succeed in controlling the actions of a few, those so controlled die of either acute or chronic disease,

tuberculosis being a common ending; others go insane; while the majority either run away and go to the bad, or marry the first man who offers himself in marriage. These are the senseless weddings, where lust predominates.

Neither young men nor young women appear to give any consideration whatever to the qualifications or fitness of those they choose for life-companions. They give no thought as to how they are to get on; from whence a living is to come; whether there is any future for them, or the children that are to come to them. The gratification of a passing whim or infatuation, that they do not understand, is the only excuse they have for joining destinies, and when the ardor of infatuation passes—which it will, for it always does, in a short time—they can see what a mistake they have made. From this awakening, discontent makes its appearance, and often disease becomes the order of life; for no influence is more sure to break down health than a discontented mind.

Parents should be wise enough to feed and otherwise care for their children in a way to prevent building in them an insane passion that will wreck their future lives. How soon parents will be educated up to knowing of this necessity is a problem for the future to solve; the time will not come so long as the majority continue to believe that a parent's whole duty is performed when they "take their children to the Lord in prayer."

To undertake to control precocity coming from forced development by punishment is like undertaking to confine steam, or ignite, and at the same time try to suppress the explosion of, dynamite.

There are many degrees of intensity shown in those afflicted with precocious development.

Excessive menstruation is one form. Blessed is the girl whom nature protects with this safety-valve. Those who are troubled with too frequent and too profuse menstruation are often saved a worse fate; namely, tuberculosis, sexual insanity, a life of disgrace, an unsuitable marriage, fibroid or ovarian tumor, chronic nervous invalidism, or a life of abandon ending in suicide.

Irregular menstruation.—Only about 50 per cent of girls menstruate regularly; a third menstruate every twenty-five to twenty-eight days; and the remaining fifth develop either amenorrhea—absent menstruation—or menstruate every forty to sixty days.

Painful menstruation.—About two-thirds to three-fourths suffer more or less. The average menstrual period lasts from four to five days. The amount of pain suffered ranges all the way from slight discomfort to complete disability during the period.

Treatment: The treatment for all these different phases of derangement is to correct the habits of life that build precocity, or any sex derangement. Wrong eating must be righted, and bathing, clothing, exercise and the mental or emotional nature must be given the proper attention.

To relieve the pain of menstruation, no treatment equals the hot bath. The water should be as hot as can be borne, and the bath continued until completely relieved; if the pain returns, the bath should be repeated.

Whatever the prevailing medical opinion as to cause, I know from experience that there is no cure except the correcting of the errors of life, whatever they are.

Dilation, and even curetting, is recommended; but palliation for a short time is all that can be expected from this treatment.

Marriage and childbirth is thought to bring about a cure; but it amounts very often to swapping off one disease for another; for childbirth, among those who suffer from dysmenorrhea, is accompanied with laceration. See previous articles on diseases of women.

Amenorrhea (absent menstruation).—When menstruation ceases, and pregnancy or advanced tuberculosis can be eliminated as a cause, no special concern should be attached; but when tuberculosis is present, amenorrhea indicates conservatism, and that the body needs building; but this symptom *per se* should receive little attention. If this symptom appears in other than chronic wasting diseases, the health impairment, whatever it is, must be corrected; when the health appears normal, no treatment is necessary. To attempt to establish the menstrual flow is not wise. All that should ever be done should be in the line of establishing a better general state of health.

When all menstrual disorders are recognized as symptoms of constitutional derangement, the correct treatment is suggested; namely, correct the general health. To give remedies for forcing menstruation is not uncommon, but such treatment is unnecessary, inexcusable and harmful.

Many undertake to force menstruation by taking drugs, hoping to bring on abortion. Not once in a hundred times are they successful. Such practice is crude and bungling, and usually creates uterine disease.

WHEN ABORTION IS NECESSARY.

When abortion is necessary, which is not often, it should be performed by a physician who is skilled in gynecological operations. Thousands give up their lives every year from malpractice, because they employ unskilled doctors and midwives. The suc-

cessful malpractice in this line is carried on by skilled physicians in the hospitals of the country under the guise of curetting the womb.

The most skillful work in this line is followed sooner or later by pelvic diseases, and not infrequently by death.

Menorrhagia.—Prolonged and excessive menstrual flow is brought on from overstimulating foods, creating violent emotions and sexual excitement. Girls suffering from this disease become victims of libertines who are also sex neurotics. Such unfortunate girls are pronounced degenerates and incorrigibles, and treated accordingly, instead of being put under a regimen and medical treatment that will relieve the neurotic stress.

These subjects have a quick pulse, and often a tumultuous heart palpitation; they are irritable and hard to control; they are easily excited, and take correction as a personal affront. Many of these unfortunate patients turn against their parents, because their conduct compels the latter to watch them, and do much reproving.

Not many parents recognize the conduct of such daughters as due to disease, but too often believe that their conduct is due to viciousness.

Too often these unfortunate girls are driven into lives of shame, or unfortunate marriages, because parents turn against them, and drive them from home, instead of giving them sympathy and protection.

The physically weaker of this class die early in life from tuberculosis; the stronger may experience a change after childbirth, if fortunate in securing a kind husband; the love of husband and children saves a few; others live lives of sensuality, and still others go into crime.

Where the flow is very excessive and almost continuous, sufficient relief to the sex neurosis may be had to prevent the development of extreme so-called viciousness, and then, if the home life furnishes sympathy and love, the patient may be able to control abnormal longings.

There is always great danger of these unfortunate invalids making *mistakes—going astray!*

When married, and the husband falls into habits of neglect, these patients are liable to come under the influence of the omnipresent social flatterer, who is ever on the lookout for neglected wives; his sympathy is sweet, even if it is the dew of hell; and before the neurotic wife learns of the falseness of her new friend, she has lost the respect of her best, even if neglectful, friend.

A WIFE SHOULD BE WISE.

A wife should be very sure that neglect really means waning love; and if it does, she should examine herself and life thoroughly to find, if possible, if the fault lies in her. Life should be something more than show, and earnest men have something more to think about than the social whirl. Earnest, busy men should not have added to their burdens the nerve-wrecking thought that if they do not *keep in the swim* their wives will be jobbing out their smiles to men of *more leisure*. When busy men are made jealous, they either neglect business and dance attendance on their wives, converting themselves into puppets, or dig deeper in their work, and resent the usurpation of their wives by *society* with neglect.

Sex neurotics are fast becoming the dominating *personnel* of society. The style of life necessary to an entree into society evolves neurosis, and when enervation is once established, the sex function often predominates. Mr. and Mrs. Frederick Noble, Mr. and Mrs.

Harry Thaw, Mr. and Mrs. Patterson, and Messrs. Henwood, Von Phul, and others recently in the limelight, are types of sex neurotics.

The treatment for menorrhagia must be in line of getting rid of excitement: foods that will not overstimulate, such as fruits, vegetable salads; very little meat, eggs and desserts; bread not to exceed once a day; cotton or linen underwear; hot baths every night, of not more than five minutes' duration; no tea, coffee, tobacco nor alcoholics. Everything of an exciting character must be avoided. All the rest possible must be had. These patients must retire early and get up late. No two cases can be treated the same; yet all will be benefited by these general suggestions.

Metrorrhagia, or hemorrhage from the uterus, where fibroid tumor, menorrhagia and cancer can be eliminated as the cause, comes from abortion. If the hemorrhage comes on suddenly in ordinary health, without previous symptoms of any kind, it is safe to diagnose abortion, and proceed with appropriate treatment. If the hemorrhage has been profuse, and accompanied with pain, and that pain subsides, but a slow or irregular bleeding continues, it is safe to diagnose the disease incomplete abortion.

If a patient is attacked with periodic hemorrhages, coming on monthly, or every two or three months, and the flow is profuse, lasting for ten days or two weeks, accompanied with more or less discomfort, not amounting to pain, and there is a history of two or three miscarriages at from the third to the fourth month, it is safe to diagnose the case as one of chronic auto-abortion—the abortion habit. I have had such cases giving histories of five to seven years, in which time no fewer than fifteen to forty conceptions had taken place, with almost immediate expulsion, with

hemorrhage. In every case a cure has been followed by normal pregnancies.

It is no uncommon occurrence to have the disease diagnosed tumor, and even cancer; and, all too frequently, painful menstruation.

Treatment: Rest in bed; very light eating; and, where symptoms appear to demand, curetting should be performed with a dull curet. These cases respond favorably to rest—physiological, physical and sexual.

This is a type of uterine derangement found more often among farmers' wives than any other class of women.

Change of life is a very large boggy, which, like teething in children, has to stand for a multitude of sins. About all the diseases troubling women from thirty to fifty have been pronounced change of life by old women, and doctors in their class.

From thirty-five to forty-five years of age, men as well as women come to the "parting of the ways." At about this time in life the best organisms begin to show enervation from the imprudences of youth, and young manhood and womanhood; and fortunate indeed are those who, wittingly or unwittingly, change to a more rational style of living; those who do not, force themselves into premature old age; and a majority die before sixty. Those who work hard, and live on coarse food, and overeat, die before forty-five years of age.

Farmers and their wives die early; there is an appalling waste of life in all branches of society, but nowhere as great as in the country, due to overwork and improper eating—bread, meat, potatoes, pie, cake and preserves. Only in the summer, and then for a very short time, do most farmers have green vegetables. The

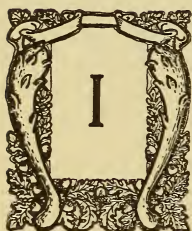
farmer knows the importance of grass for his stock, but his family can live on *dry foods* the year round.

When a woman is sick or feeling badly between thirty-five and forty-five, the cause should be found and removed. In this enlightened age *change of life* should mean nothing; it is inexcusable ignorance to give this as a reason for ill-health.

Many women are highly nervous at this time in life; it is a red light, and attention should be given to it. There are errors of life, and unless they are corrected, premature death will be the price of careless indifference. When your doctor tells you that your disease is change of life, dismiss him, and get another.

CHAPTER VIII.

URINARY DERANGEMENTS, WITH THE USUAL ACCOMPANYING FEMALE DISORDERS.



INCONTINENCE OF URINE—inability to hold the urine.—With the first form of this disease there is no desire to urinate, but after coughing, sneezing, or making an exertion, the patient finds her clothing wet. This symptom may come from a simple or a grave disorder; usually displacement of the abdominal and pelvic organs is the cause. Those who carry too much fat in the abdomen will after a time cultivate a sagging of all the contents of the abdomen and pelvis. The habit of wearing corsets too close-fitting is one of the leading causes. The habit of eating rapidly, and of too much starchy foods, ends in stomach dilation and depression. If we are to judge by the alleged findings by the medical staff of one of the large sanitariums of this country, the majority of people suffer from prolapsus of the stomach.

After severe labors, where instruments have been used, the nerves are sometimes so severely bruised that it takes months for them to regain their normal tone, and while they are partially paralyzed from the injury, urinating is interfered with.

Lacerations of the vaginal wall, perineum, rectum, bladder and urethra at childbirth cause difficult urination from the injuries as well as from pressure from displacements. The breaking-down

of the vaginal wall permits the rectum to push into the vagina, causing a swelling or tumor that is called rectocele; or the bladder may prolapse in the same way, and form a cystocele. These hernias—for that is in reality what these vaginal tumors are—cause much urinary trouble; also obstinate constipation.

Instead of bladder or rectal tumors forming from a breaking-down of the vaginal supports, the patient may develop a prolapsus of the uterus.

INJURIES AT CHILDBIRTH.

Childbirth is erroneously declared to be the cause of nearly every displacement of the pelvic organs. I know from years of experience that the injuries at childbirth are never more than coincidental and contributory causes. The first general or universal cause of all displacements is enervation, and its accompanying imperfect elimination, bringing about relaxation and catarrhal inflammation. When there is not a proper supply of nerve energy, all the viscera become heavy from sluggish circulation, and their ligaments and supports relax and elongate, permitting of displacements, and in turn the displacements interfere with the circulation; in this way effects become exciting causes, and so the chain of disease is evolved: First there is always the primary general cause, namely, enervation from overstimulation; this lost energy forces imperfect elimination; retained excretory matter then becomes the general or universal disease, which I name autotoxemia. When autotoxemia exists, the body can be said to be prepared for the inoculation of any disease-producing influence. All women suffering from any of the symptoms or diseases I have before mentioned, or that I ever shall mention, must be treated for the correction of the first or primary derangement, and then, as a help to a more speedy re-

covery, any local treatment that promises relief can and should be given; not, however, with the intent or purpose of radically curing the local trouble by local treatment, for such treatment ignores first cause, and is childish, and must be disappointing.

This is the pitfall in which the entire medical world is floundering.

MY TREATMENT OF A CASE OF PROLAPSUS OF THE WOMB.

To illustrate, I shall relate the history of a case that comes to my mind just now. A small but very stout woman came to me for consultation. One of the first things she demanded of me was to know if I thought she should go to the hospital for an operation. I answered that I could tell her better after I learned from what disease she was suffering; whereupon she informed me that she had been troubled for years with an inability to pass her urine; to use her own words, she said: "I can't pass my urine; when I try, it will not run, and when I am not thinking about it, it passes without my knowing about it until I find my clothes wet. I have also falling of the womb; it stays out all the time, and the doctors tell me I must go to the hospital and have it removed, after which I may expect to get well of my bladder trouble."

On examination I found her weighing three pounds to the inch of stature, which, on account of a light framework, was one-third too heavy. She was badly enervated; all the tissues of her body were relaxed and flabby; her abdomen was distended with fat and gas; the womb was entirely outside of her body—the worst case of procidentia I had ever seen; both sides, where chafed by her limbs, were badly ulcerated.

I assured her that she did not require an operation, if she really wanted to get well in a rational manner; that if she should

undergo an operation, she would not be cured, and it was doubtful if she would experience the slightest relief from her bladder trouble after the operation. She expressed great satisfaction at being assured that an operation was not necessary, and that she could be cured without one; however, when she learned what my first prescription was, she was not very happy, for, as she expressed herself: "I can't see how that can cure me!" I had told her to go home and fast until her womb returned to its normal position. I explained to her that the reason her womb was forced out of her body was because of the pressure in her abdomen from accumulated fat and gas. She thought my explanation was reasonable, and promised to go home and fast. She was permitted to drink all the water she had a desire for.

She returned in ten days, and I found the womb had disappeared from the outside of her body, but was yet quite low; control of her urine had returned, and she was comfortable; not distressed after the third or fourth day of her fast, but of course anxious to eat if I would permit her to. I explained that, while the womb had returned, it was not entirely relieved of the pressure, and advised her to continue the fast for another week.

About the fifteenth day I gave her fruit three times a day for several days, after which I advised a non-fat-producing diet, and exercise in the open air, with special instructions about exercise for the abdominal muscles.

This case was treated five years ago, and there has been no return of the urinary derangement, nor of the prolapsus.

This has been, with slight modifications, my treatment for prolapsus for the past twenty years, and the results are so gratifying that I have no reason to resort to the unscientific methods of surgery.

Stone in the Bladder.—Where there is difficulty in passing urine—where the urine starts, but suddenly stops and pain follows—stone should be suspected. In woman the removal of stone from the bladder is a simple affair, compared with the operation necessary to remove one from the male bladder.

Burning in Urinating.—This symptom may come from many causes. When the burning or irritation is irregular in its manifestation—coming on for a day or two, and then going away for a week or month—it is a reflex symptom, and depends upon a chronic inflammation of the neck of the womb. The treatment of this symptom should be directed to the womb, and correlated derangements.

Urethral irritation frequently appears at the menstrual period. When it does, there will be found very often a disease of the neck of the womb, with leucorrhea of a catarrhal nature, or a thin, watery, acrid discharge, which depends upon a systemic derangement superinduced by digestive disturbances caused by starch fermentation. The latter variety of leucorrhea causes excoriation; where the discharge comes in contact with the mouth of the urethra, irritation, inflammation and ulceration frequently follow, causing much smarting and burning in urination. This acid state frequently causes balanitis in the male.

In chronic cases the urethra becomes the source of much annoyance; indeed, it causes much suffering. On examining these cases, the meatus will be found red and angry-appearing. Granulations are pronounced, and adventitious tissue develops in extreme cases. In severe types of the disease small blood tumors form not unlike small pile tumors. The surrounding parts become more or less involved, with here and there blood-red patches that are as

sensitive as an exposed nerve. When this disease is well developed, it becomes an exciting cause of digestive derangements by adding to the general nervous derangement.

Occlusion of the Vagina.—I have met with a few unfortunate women who have developed partial to almost complete atresia (imperforation) of the vagina, caused by the acrid form of leucorrhea. The tendency is for this disease to contract the tissues, and destroy their elasticity. In examining such cases with instruments, care should be used; for the tissues will break or tear, but they will not stretch. This inelastic state of the tissues is very slow in forming, but when once developed it is hard to overcome, if, indeed, complete restoration can ever be brought about.

I recognize this change in the tissues as similar to what takes place in arteriosclerosis, and other forms of tissue-hardening, and they probably come from the same exciting cause, namely, *acid formation*, causing general acidity of the blood.

Treatment: Extreme cleanliness is to be observed. Where the urethral mouth has become the seat of vascular growths, these granulations may be overcome by applying carbolic acid. Take a smooth pine stick and dip it in the acid, and apply to the *red points only*; care should be exercised not to get the acid on normal tissue. Where there is stricture of the urethra—a condition found in a few of these cases, showing that the urine also partakes of the extra-acid state of the system—an olive-tipped sound, the full caliber of the urethra, should be passed; if, however, the sound meets with much resistance, a smaller one should be used. The canal should be rubbed with the sound to stimulate absorption of the granulations. The external granulations may be rubbed with a smooth instrument, instead of using the acid, if preferred. Every time the

urine is passed, the external parts must be sponged off with warm water; a vaginal douche of two quarts of warm water should be used once or twice a day.

Decidedly starchy foods must be proscribed, at least for the time being. Cereals, potatoes, matured beans and peas, should not be eaten until the symptoms are all better; then ever after eaten in moderation. Hot baths of from three to five minutes' duration, followed by a quick cold-sponge bath, should be taken every night, followed by dry rubbing. Cotton or linen underwear should be worn. The mental and emotional natures should be poised. All excesses must be avoided.

Gonorrhea creates more distress while it lasts than any other urethral disease. When it accompanies the leucorrhea described in the preceding disease, it is hard to know when it has run its course. I have had many applications for treatment for gonorrhea by people suffering from acrid leucorrhea. If they ever had gonorrhea, they would know before coming to me.

The venereal disease, when treated properly, will run its course in from four to six weeks.

Treatment: Rest, extra cleanliness, several warm-water vaginal douches daily, and light diet; the less food taken, the better; a glass or two of buttermilk or junket three times a day. All excitement should be avoided.

Syphilis.—This is an easy disease to cure, if taken in time and treated properly. When treated heroically, it can be made exceedingly formidable. The people generally look upon it as everlasting, and ruinous to all the future life of those who have it; but this is not true. This impression has been forced upon the people because of the ravages brought about by improper treatment. I know of no disease that yields to rational methods more

quickly and kindly than this disease; notwithstanding, it is too often medicated to the extent of ruining the victim's constitution.

It should be known that when mercury is given to patients suffering from an acid state of their blood, mercurio-syphilization is sure to follow its use, and this is the type of disease that is described to the people by the profession as real syphilis. *It is certainly a formidable disease when fully developed;* but, as in typhoid fever, pneumonia, *et al.*, typical text-book cases cannot evolve without the aid of a text-book doctor.

The world would be saved much unnecessary suffering if the people could accept these facts; but, alas, error is in the saddle, and, with his usual bigotry and arrogance, will trample simple truth to the earth for many long years to come.

The fear inspired by the average physician, plus his medication, is doing the people more harm today than would come to them from all the diseases, if left to nature. This is another large truth that must wait for fallacy to run its course.

CLEANLINESS THE GREAT IMMUNIZING AGENT.

Cleanliness, national, state, municipal, domestic and individual, is the greatest immunizing agent; when it is neglected, all other prophylaxes fail; when it is put in full practice, nothing else is needed.

All diseases must be recognized as coming from a lack of cleanliness. Autotoxemia means retained excretions in the blood; when there is an acid state, and mercury is used as a remedy, inflammation, ulceration and necrosis of the glands and bones follow.

Sterility.—In twenty-five per cent of sterile marriages the cause is faulty semen; another twenty-five per cent are caused by flexion or closing of the neck of the uterus with granulations and

catarrhal secretion from inflammation; and the other fifty per cent are caused by a variety of causes, such as undeveloped ovaries, and uterine, tubal and ovarian diseases.

Treatment: All cases caused by disease of the neck of the uterus are curable.

In cases of flexion, the causes that have brought on this malformation, must be corrected. See article on "Flexions."

Those causes of sterility that come from a filling-up of the neck of the womb from catarrhal secretion must be treated for the inflammation, and the secretion wiped out, and the canal dilated. Many cases are said to be due to what is known as pin-mouth. It is true the mouth is often small, but I never have seen a case that was not aggravated by inflammation, causing a thickening and engorgement. The surplus blood should be drawn off by cupping, and the case treated in a general way to overcome catarrh. All such cases are curable.

Obesity is said to be a cause of sterility in some cases; if it is, the obesity can be cured, after which the sterility should be at an end.

The alcohol and morphine habits are credited with being a cause; when they are, and a cure of the habits is secured, sterility should be at an end.

Pelvic abscesses and tumors should receive appropriate treatment; then, if sterility is overcome, well and good. Whatever stands in the way of full health and the proper functioning should be corrected, for no disease can be safely left to itself so long as the cause is in existence; for whatever has caused it is menacing to health, so long as it exists.

Artificial Menopause.—There are thousands of women who have connived, either known or unknown to the surgeons, at securing an unnecessary operation for the removal of their ovaries; the object being to avoid the responsibilities of maternity. No doubt there are women who have a good cause for not wishing to bring children into the world; but the woman who can care for them, but won't—whose education in the line of maternal duty has been diverted from children to dogs and other animals—is to be pitied, to say the least.

I am sorry to be forced to believe that the standard of motherhood has suffered deterioration in this country in the past hundred years. Perhaps it is a normal degeneration, in keeping with this materialistic age. Women who do not wish to give birth to children should not be forced into doing so.

The Effect of Castration on Women.—The natural menopause closes the natural mission of the woman, and in the majority of women who have been castrated, the sexual impulse abates in intensity much sooner than after a natural menopause, and in some cases wholly disappears.—Caille.

This statement from Dr. Caille bears out my contention that no part of the body can be cut away with impunity.

It takes a whole body to function properly. The abuse of any one organ interferes with ideal physiological synthesis, and must of necessity lower the normal psychical standard.

The importance of keeping the body whole and normal for the purpose of maintaining the *I*—*The individuality at its highest and best*—will be known to the people when they have shaken off their brutalizing habits fastened on them by their superstitions; then they will know better than to practice a style of living that brings on disease, and, worse yet, resort to a barbaric healing system that

consists in still further enervating the body, when it does not cut away important organs.

The practice of much of what is called *modern medical science* would be better expressed if named a modern fool's paradise.

CHAPTER IX.

CANCER OF THE NECK OF THE WOMB.



THE neck of the womb degenerates. Cancerous diseases are common—too common! They appear about the menopause—from thirty-five to forty-five years of age—and are caused by errors of life leading to chronic inflammation of the neck and mouth of the womb.

Those most liable to develop cancer are those who are overweight and who have neglected to control their emotions; also those of quick temper, irritable and jealous.

Shocks and grief dispose those who are autotoxemic to take on the disease. It is the duty of every woman to cultivate poise; the will should be trained in the line of self-control; it is a mistake to nurse trouble or cultivate grief.

Those who live the past over every day and do not try to be interested in their future are in line for building diseases of some kind, and those who daily give way to anger or temper should not be surprised when cancer overtakes them.

Cancer of the neck of the womb is usually, if not always, preceded by an inflammation of years' standing. The inflammation may be of acute or subacute form; frequently not great enough to draw attention to the parts, and, indeed, often so light in appearance as to escape the attention of physicians who have physically examined these patients.

The history of such cases shows that there has been a slight leucorrhea, and usually so slight that a few patients will declare that they have nothing of the kind, and that they never have had any female diseases at all. On the other hand, there are *many* who give a history of pronounced uterine disease, for which they have taken a great deal of ineffectual treatment. These are the cases that have suffered injury at childbirth, and have gone through with operations for the repair of lacerations; but with all this treatment they have not been successful in finding a cure for the inflammation.

On examination, before cancer has evolved in the first of these types—those who declare they never have had uterine disease—there will be found, in a small per cent., a history of sterility, dating back to an abortion (criminal in most cases) several years before, and they may acknowledge to having had a little discomfort at the menstrual periods; but the discomforts to which they acknowledged are more from headaches and general nervousness than pain or disagreeable sensations in the region of the womb. The neck of the womb will be found hard, not much larger than natural, but on pressure, or on bending it forward or backward, pain will be experienced. The hardness will be pronounced—so great that it will be with difficulty that a scarifying knife can be forced into it, and then there will be very slight bleeding.

The second type of these cases usually presents a very much enlarged neck and mouth to the womb; there may and may not be ulceration. The neck is not sensitive except at the bottom of old lacerations, which, when touched with a probe or dressing forceps, will cause pain to be experienced. These cases have a heavy, thick, catarrhal leucorrhea; often much backache, with aching down the limbs. This type of uterine disease does not present so

many reflex symptoms as the former, although both may have symptoms of heart and digestive derangements, with much gas in the bowels, and constipation.

Going before these local symptoms is a history of autotoxemia; if questioned carefully, these patients will give a history of careless, haphazard eating; constipation is common, with possibly occasional attacks of diarrhea, which may not last for more than a day, the bowel discharges being accompanied by a disagreeable odor. These patients frequently have offensive gases from the bowels, coated tongues, and bad breath. If the bowel discharges are examined, more or less catarrhal mucus will be seen; they are troubled with languor, or a tired feeling, and have frequent short sick spells, lasting for a day or two; the sickness may be biliousness, indigestion, neuralgia, or headache. They are never quite well; under the stress of social life, or daily cares, they may forget for a few hours, or for a few days, that they do not feel just right; but when they stop to think of themselves, they can truthfully say that they never feel just right.

GAS-POISONING.

When the constitution suffers in this way for years, the tissues of the body become so *gas-poisoned*, from absorption of intestinal gas, that cell-life is badly oppressed, and tissue renewal sadly interfered with, after which any part of the body, that has undergone hardening from local irritation and inflammation, is liable to take on degeneration. If the tissue-hardening is of the neck of the womb, or the body of the womb, or of enlarged glands in the breast or any other part of the body; or the hardening be of the lip or throat of the tobacco-smoker, or of the pylorus or lower end of the stomach, cancerous degeneration may start up.

Hemorrhage, pain and discharge are the most pronounced symptoms of uterine cancer; but as other diseases are accompanied by the same symptoms, it is well to be careful, so as to avoid, if possible, making a mistake in diagnosis.

Uterine Fibroids are frequently accompanied with hemorrhage, pain and leucorrhea.

When a woman forty years of age is experiencing these symptoms, she should go to a competent physician and have her disease diagnosed. There is one serious drawback to adopting this advice; namely, the profession is insane on the subject of surgery, and it would be almost impossible to find a physician competent to make a diagnosis who would not insist on a surgical operation. If he should find fibroid disease, cancer, or periodic congestions, or any other pronounced pelvic disorders, then operation would be suggested and insisted upon from the beginning. So insistent are doctors in urging patients with even trivial disorders to undergo surgical operations that I often think that professional men are more to be dreaded than disease.

WILL CUTTING OUT CANCER CURE IT?

Suppose the patient has cancer; will any intelligent physician declare that cutting it out will cure it? No! The most that advocates of operating admit is that occasionally a case will survive the knife two years. But, unfortunately, all too often the disease manifests immediately; and why not? How can cutting away a local manifestation, of a constitutional disorder, possibly eradicate the disease?

We have heard and read much about the cancer germ—about experiments on fish; and that our scientists are about to evolve a *synthetic* drug that will cure cancer. But, reader, allow

me to go on record, in advance of these expected discoveries, and say that all these promised cures—specifics—will prove “vanity, vanity and vexation of spirit;” for the causes, on which these promised cures are based, are dreams, beautiful dreams. In all probability I shall live long enough to give these discoverers ample opportunity to evolve their cures; *and when they do*, I shall take pleasure in sounding their praises, and recommending their remedies, and I shall try to take their “I told you so!” in a becoming manner.

My reason for not believing that curative remedies will be found by the investigations now in progress is because scientists all start with the hypothesis that germs cause cancer, and, to my mind, this is a mistake.

For years before the cancer evolves, the victim is troubled at times with offensive gas from the bowels; the discharges are ill-smelling, and the emanations from the body are sufficient to make the patient complain of the odor.

Organic functioning of bowels, liver and kidneys becomes so impaired and vitality runs so low that devitalized parts of the body—such as a thick, hardened cervix; a thickened pylorus; chronic irritation of the tonsils, found in smokers, or those who have had frequent attacks of tonsilitis; chronically enlarged lymphatic glands; enlarged mammary glands of years’ standing; in fact, any indurated tissue—degenerate.

In this process of systemic degeneration, many victims fall by the way with acute diseases; others with chronic diseases, such as tuberculosis, diabetes, Bright’s disease, heart disease, apoplexy and nervous diseases, including such as ataxia. Only a small per cent of those who start on this road of decay last long enough to take on cancer.

A fully developed cancer means a body far advanced in degeneration, and the manufacture of intestinal gas has been so great that the entire body is saturated with it. After this saturation, local indurations break down, because not enough oxygen is received to vitalize and keep their spark of life alive. When decomposition takes place in the indurated tissue or gland, septic infection takes place, which, added to the chronic gas poisoning, soon destroys life.

It is after septic infection starts that germ-life becomes active in cancer; hence, if I am right, the primary cause reaches back to wrong life, with the same autotoxemia that furnishes the groundwork of all diseases; and germs are purely incidental, and play a secondary part.

Cancer and syphilis have symptoms in common. The resemblance is acknowledged by the best physicians, who not infrequently confound the symptoms.

So far as I know, there has been no persistent effort made by investigators to discover in what respect these diseases differ, if they differ, or in what respect their symptoms agree, if they agree.

I have arrived at an hypothesis which, when applied to all malignant and infectious diseases, brings order out of chaos. My hypothesis is that death from diseases is brought on in two ways; namely, by shock from hyperpyrexia (high temperature), or by the abolition of the sustaining power of the nervous system through degeneration of the blood brought about by infection.

To illustrate: Scarlet fever or diphtheria may destroy life by shocking the nerve centers from excess temperature; or by rendering the blood so toxic from absorbed infection that fatal enervation takes place. This latter is blood infection, and it is gradually

brought on in malignant diseases from putrefaction of tissue that has become so indurated that its supply of oxygen is cut off.

I assume that infection is the same, whether generated in a wound, in typhoid fever, in an ulcerated lung, or in syphilis or cancer. No doubt this statement appears preposterous to a mind that has always thought of acute, specific and malignant diseases as distinct entities, springing from distinct causes, and destroying health and life by distinct poisons; but if the real thinker will go over the subject carefully, and attempt to reconcile all exceptions and incongruities that are constantly developing and throwing doubt and uncertainty on every rule of diagnosis and treatment, as understood and practiced today, he will finish his task in bewilderment; for order is not to be found, but, on the contrary, chaos reigns supreme. After finishing this herculean task, if he will go with me over my theory, he will find everything simplified; certainty takes the place of uncertainty, and he will not be troubled with making explanations that do not explain the many exceptions to rules.

My theory simplifies the germ question; for it explains why the germ theory sometimes appears to work out agreeably to prediction, and as often fails to do so.

Instead of attempting to prove the impossible—that every disease has its specific germ—assume that decomposition has taken place and sepsis has evolved, and the germs have taken on toxicity because their habitat forces this change on them. When the sepsis with which they are charged spends its force, they become innocent, and will remain non-toxic until again charged with poisons.

A germ either is toxic or it is not, and the fact that the supposed most malignant germs are found devoid of toxicity should

compel every thinking mind to believe that their toxicity is accidental, and that the cause must be looked for outside of themselves.

I know the contention is made that germs must get into a disease process, or decomposition cannot take place. But germs are omnipresent, and are non-toxic until made toxic by their environment.

When oxygen is cut off from a part, decomposition takes place, and then the germs that were present all the time take on toxicity. Why did they not take on this state before decomposition? If they were toxic, why was it that they had no such influence until decomposition from some other cause started up? If gonococci remain dormant in the tissues, which is declared on medical authority to be true, what causes them to take on renewed activity? Decomposition, which *they had no part in developing*. (See my work on "Venereal Diseases.")

It may be asked: To what is toxicity due? When life is extinct, decay takes place, the tissues melt down and generate a cadaveric poison—an alkaloid which is toxic; and everything becomes toxic that is saturated with this alkaloid of decomposition. It is the antithesis of the *leucomaine* alkaloid: one is destructive, the other conservative; one causes death, the other conserves life; and it is the alkaloid of decomposition that imparts toxicity to everything it saturates. When this poison is overcome—when it ceases to be generated in a disease process—the process soon becomes aseptic.

The first cause of toxicity is the generation of this alkaloid of decomposition. When the discharges from a wound, from the bowels, from the urethra, from the bronchial tubes, from a syphilitic ulcer, from an ulcerating cancer, are charged with this poison, they

are infectious, and are capable of imparting infection to whatever living tissue happens to give them hostage.

The poison generated in all disease processes is the same; when the symptoms of its poisonous influence varies, it is due to the tissues involved, the amount of poison absorbed, and the bodily resistance.

In such diseases as cancer and syphilis, nature has time to prepare her defenses. These diseases are walled off by organized infiltrations or exudates. This fortification is to prevent absorption of the decomposition. It is not entirely successful, but the poison gains entrance very slowly; and that is why these diseases run a chronic course. In wounds where discharges are pent up, absorption takes place rapidly, and death comes soon; but the character of the poison must be the same.

By working on this hypothesis, all diseases are linked together into one large family; obscurity is illuminated, and a rational mode of prevention and cure must be the legitimate outcome.

So long as the theory of multiple, specific causation is adhered to, there cannot be anything but chaos reigning in the realm of cure.

The time must come when prevention will receive proper attention; and prevention, first, last and all the time, must be directed to restoring resistance by improving nutrition.

Treatment: The outcome of treating cancer must of necessity be problematical; for it is a disease that makes its appearance when nerve energy is at a low ebb, and much time is required to coax back lost resistance, if it can be done at all; for nutrition is more than often in the relentless death grip of autotoxemia, aided by septic infection. When the disease is located in a vital part of the body, and interferes with important functioning, a cure is

almost impossible; for its destructive influence is greater than any possible curative influence can be.

If the disease has advanced to the breaking-down stage, where glandular involvement has taken place—where all the glands in the immediate locality have become infected—the knife can remove the local disease, and all palpable glands involved, but it leaves behind the elusive infection and the enervation, both of which always foil the surgeon; and this favors further infection.

SEPTIC INFECTION IN CANCER.

Septic infection, in true cases, when once established, is recognized by physicians as the cancerous cachexia; but the general professional opinion is that this constitutional dyscrasia comes from some peculiar cancerous infection, or blood-poisoning from a specific cancer germ; but I believe that it is nothing more than the ordinary sepsis that can come from decomposition of any tissue that is forced to take on degeneration from having its blood supply cut off. Of course, in a cancer subject there is less resistance, because of the profound state of enervation. Cancer, in point of time, moves along with great deliberation; seldom does infection develop rapidly; however, its progress is as persistent as its destruction is inevitable.

Those advocating the germ theory of disease will declare there can be no sepsis without germs, and according to Pasteur there can be no germs without air. My belief is that there can be no sepsis without oxygen starvation; sepsis in animal life, and fermentation in vegetal life, are due to lost power for assimilating oxygen; every living thing dies when deprived of air.

Cancer is not cancer primarily; there must first be a profound state of impaired health, marked by autotoxemia; then the

catarrhal inflammations that always accompany autotoxemia, and, indeed, are related to it as effect is related to cause, build indurations. Induration means hardened tissue—a tissue to which the normal supply of oxygen is cut off. The life or vitality of indurations is much lower than is the standard of the bodies in which they are found; hence any lowering of the general health means a lowering of vitality in indurations.

Just when these indurations change from benignancy to malignancy is when the supply of oxygen runs so low that their slender vitality gives way, and decay sets in. It is at this stage that the alkaloids of decomposition evolve, and it is now that the cancer cachexia begins to develop. If indurations are large, the decay from oxygen starvation may start in very gradually, and only small, isolated areas of cellular tissue take on decomposition. This, however, be it as small as it can be, is enough to start up systemic infection. After infection has once become established, there is little hope for the patient, even if the induration, cancer or malignant growth, be removed “roots and all.”

THE TREATMENT OF CANCER IS UNCERTAIN.

The reader should see, from what I have said, that the treatment and cure of cancer is an unsolved problem, and must be very uncertain, and points back to prevention by righting the life.

If a so-called cancerous growth (induration of ordinary tissue or of glands) is removed before there has been interstitial cellular necrosis (death of small, isolated portions of tissue), and the consequent constitutional infection, the cure is complete; but habits of life must be corrected before these patients are made safe. If there has been a slight infection, enough to cause a few glands in the immediate locality of the growth to take on a state of induration, unless the patient be given a treatment that will

remove the malnutrition on which the induration depends, these infected glands will degenerate and send out fresh infection, involving other glands, until the entire organism is overwhelmed. It is then that the disease is said to have returned. It is after the surgeon has extirpated all that he can that the real work of curing begins, and the force of treatment must be directed to restoring nutrition by establishing elimination, and conserving nerve energy in every way, until enervation is overcome and resistance built up. Of course, this means getting rid of chronic autotoxemia, and unless this is attended to, either cancer or some other type of disease will carry the patient off prematurely.

It must not be lost sight of that the constitutional derangement that has required years to develop is a continuous cause of catarrhal inflammations and indurations, and the physician must go after this great primary derangement as a first and last step in the curing of cancer, or any other disease.

The reason why there are so many cures made by fakirs and ignoramuses is because the nature of cancer is not understood, and their alleged cures are not cures of cancer at all, but removal of simple growths and indurations, which may or may not in time have taken on a true cancerous state, which means necrosis with septic infection. I do not dispute that many of these so-called cancers were diagnosed cancer by physicians of standing, but unfortunately the profession is almost as incapable of diagnosing cancer as are those who have no medical education at all. Why? Because it believes the cause to be germs, and acts on that hypothesis.

The medical profession is its own worst enemy, for it prognoses many diseases incurable, and after scaring patients away with its diagnosis, treatment and prognosis, these patients go to

faith cures, or some drugless method, or a healer of some kind, who has the enthusiasm peculiar to ignorance, and get well. Not all get well; but those who are made sick by drugs and discouragement get well. Nearly the entire Christian Science membership has been cured by "science" treatment of diseases stupidly manufactured by M. D.'s.

So long as the profession works on its present medical hypotheses, it must not be surprised at seeing ignorance and fanaticism performing wonderful cures of cases on which it has ignominiously failed. There is no use to appeal to the people for protection against quacks; for all that the people want, in the ultimate analysis, is a cure. If the most stupid ass furnishes the hope, and removes the fear—conditions necessary to cure someone left discouraged and hopeless by a reputable physician—the people see the failure and the cure, and that settles it; at once the ignoramus becomes a finer physician than the one who really has an education, but perverts it with false theories.

When cancer cures have followed the treatment of ignorant pretenders or quack doctors, it is when the tumor has not passed from a simple into a malignant state.

After infection has taken place, it is doubtful if the patient can recover; for his enervation and consequent autotoxemia have been great enough to allow a simple induration to become a cancer. Add to profound autotoxemia septic infection, and we have more than most constitutions can stand.

One great drawback to a cure is the patient's inability to break and stay away from bad habits. Few can or will make the personal sacrifice necessary to get well. A cure means eternal vigilance on the part of the physician in watching nutrition. When there is the slightest indication that food is being given to the full

power of digestion, be it ever so small in amount, it must be cut down, or the patient must fast, so as to give the body physiological rest, or as much as it can get. House-cleaning cannot be successfully carried on unless the food supply is short of digestive capacity. This is true in all diseases, but especially true of cancer. The reason for this is that elimination must be active, and when the organism is taxed to the limit with food intake, the eliminative debris fails to be thrown off; hence more accumulation, and more advance of the disease.

No success can be had with advanced cases, unless the patient is sensible, submissive, and willing to be guided instead of following his own inclinations.

The cure, if cure can be made, consists of conserving every little nerve energy. Patients given over to worry, fear, and desire to gratify small wants in opposition to instructions, can't get well.

Conservation of energy in every way is nature's cure, and there can't be any other.

CHAPTER X.

TREATMENT OF CANCER OF THE WOMB.



CANCER CURES are largely failures. The one sure cure for cancer is to prevent its development. But people are not ready for prevention. Only a few feel the need of correcting the errors of life as a means of cure, and most must believe that they are going to die before they are willing to give up bad habits.

This is not to be wondered at when the profession either ignores or really doesn't know the harm that comes from crowding nutrition. So long as physicians practice the habits that undermine health, and do not appear to know any more about health requirements than laymen, and indeed are no more immune from disease than people who do not pretend to know anything about the preservation of health, it will be difficult to popularize disease preventions, when the prevention means the giving-up of enervating habits.

Since starting to write this article, I received by mail a paper from a friend in one of the cities of Ohio. In looking through it I found a marked item announcing the death of a prominent physician of that city. Death came unexpectedly; the doctor believed himself well, and his friends saw nothing about his general appearance that indicated disease. It is a mistake to believe that death will come unannounced—without giving plenty of warning. The paper stated that the *doctor had been in his usual good health.* That

statement uncovers one of the weakest points about the profession of medicine. Doctors are seemingly unable to detect a dangerous state of blood pressure, but, ridiculous as it appears, they often recognize a dangerous plethora as a prime condition of health.

This is the price paid by the profession for running after extrinsic causes for disease, when the cause is within the body, built by errors of the daily life.

A prevention of disease, and a builder of long life, can be had by the people when they learn their limitations in all lines of expenditure of nerve energy, and then learn to give them a wholesome respect.

To correct constitutional derangements, and restore normal functioning, requires time, and this most people will not give. They have been accustomed to thinking of quick cures by drugs, and they will not brook the slow process of physiological readjustment. Snapshot cures have been taught and practiced by the medical profession so long that the people expect them; consequently, they must have them, and if the employed physician doesn't *cure at once*, another will be consulted. This restlessness and demand for quick cures keep most medical men on the alert for new and more pronounced palliatives; for it should not be forgotten that drugs never cure; all they can do is to relieve and complicate the disease.

After women, suffering from diseases of the reproductive organs, have traveled from one specialist to another, each one failing to even relieve with his local treatment, they become discouraged, and are easily persuaded to undergo a radical operation. Why not? *The best specialists have failed after "doing all that*

medical science could do." Of course, there is nothing left to be done except to extirpate the womb or ovaries, or both.

Is an operation necessary? Yes, unless a physician is found who knows enough to correct the constitutional derangement. It is necessary if so-called physicians are employed, because they know nothing of the necessity of correcting nutrition, upon the perversion of which the disease depends for its continuance. Will the operation cure? Yes, it cures the womb trouble; for when the womb is gone, it cannot give any more trouble; but the constitutional derangement will remain, and will manifest in some other part of the body.

Many are not operated upon; their uterine disease continues for a few years, and cancer develops; or, if the womb is taken out, a cancer may develop in the breasts, on the lips, or in some other part of the body. Instead of removing the womb, or fooling away valuable time in giving impotent local treatment, what should the treatment be? Correct the errors of life; feed carefully, restore nutrition to the normal, and relieve the local disease by an appropriate treatment.

CANCER SHOULD BE PREVENTED.

Any woman properly treated two years prior to the development of cancer can be spared the misfortune. Every woman should make sure that her health is all it should be between thirty-five and forty-five years of age. Neglect is inexcusable at any time of life, but especially so during these ten years.

Cancer is a sure sign of filth in the body. It means, besides other things, infection from absorption of decomposition in the intestines. It does not develop without warning. It does not spring into existence and manifest itself in healthy people—people

in full health. Cancer means wrong life practiced until nerve energy is lost and organic functioning so impaired that elimination is inefficient.

When people are as intelligent as they should be, they will feel the importance of living right, so as to maintain health, and when this comes to pass there will not be such diseases as cancer.

Cancer should be cured by prevention; for, when once established, a cure means leading nutrition back to the normal, and this requires two or three years of very rigid discipline. One single cause of cancer that stands out more prominently than all others in a few subjects, is lost vitality from excessive venery. When this energy is lost, it takes time and painstaking, intelligent attention to body-building to restore it. No crime against nutrition is greater than a giving-way to thoughts of, and over-indulgence in, gratifying lust, and after the nervous system is once prostrated by this habit, the victim is in line for cancer, arteriosclerosis and arthritis deformans. These diseases mark a profound state of enervation; one that cannot be overcome except by intelligent care intelligently carried out. To believe that the disease can be cut out is a travesty on intelligence.

Ovarian Diseases.—Since the ovaries are so situated as to be protected from injury, it is doubtful if they are diseased once in a hundred times when they are said to be.

I have become as skeptical on the subject of ovarian disease as I am on the subject of subnormal temperature.

Many people apply to me for advice who have been told by physicians that they have "ovarian disease," but on examination I find none; hence I have decided that diagnosing all cases of pain in the right or left pelvis as "ovarian" has become a professional bad habit. I find the same true regarding subnormal

temperature. In examining those who are said to have it, I usually find them with a normal temperature.

There is a lot of carelessness, as well as ignorance, displayed in diagnosing and treating women's diseases.

Inflammation of the neck of the womb, uterine flexions, injuries to the neck of the womb at childbirth, and constipation, are all liable to be accompanied by pain, which patients describe as located in the right or left side, extremely low down in the abdomen.

I have been proving the error of diagnosing such pain as ovarian by curing it with local treatment to the womb, and correcting the general health; or, if there is rectal disease, I correct it, and the so-called "ovarian" disease disappears.

PIN-MOUTH WOMB.

In what is known as pin-mouth, or an unusually small mouth of the womb—either internal or external—there is imperfect drainage; the menstrual or other secretions are retained; they decompose and, when absorbed, cause systemic infection. These patients are exceedingly nervous; they have much pain in the region of the ovaries; they are anemic, dysemic or chlorotic, and always dyspeptic. With rare exceptions, they show an underfed appearance, but it is not from lack of food—but it is from a failure of nutrition.

These people are exceedingly nervous; many of them are called "neurasthenic" (whatever that means)—a word as meaningless as "biliousness," "hysteria" and "hypochondria." The younger subjects are often troubled with acne of the face, especially about the menstrual periods; there is more or less pain in the region of the ovaries during menstruation. If not in pain,

there is always *malaise*, general excitability; perhaps headache, nausea and capricious appetite.

Patients may present all these symptoms or only a few; some may be badly run down, while others appear to be in near health.

What shall the disease presenting all these symptoms be called? It is not best to call it by any name, for names are dangerous. They cause doctors to practice a stereotyped treatment. If pain is pronounced, and apparently in the ovarian region, the diagnosis too often will be ovarian disease, and the treatment given will fit any other disease as well. If the pain is located in the region of the bladder, urethra, womb or appendix, the diagnosis and treatment will be in keeping with the location and, need less to say, must fail; for, first, last and all the time, the real disease is autotoxemia, with a local aura of nerve irritation, centered in the pelvis, which may be intensified when, by childbirth or abortion, the womb is injured; or a ruptured hymen, because of excessive venery, fails to heal, leaving sensitive granulations; or the urethra becomes the seat of sensitive granulations, caused by excessive acidity of the urine; or an imperfectly cured gonorrhea; all of which must receive attention, but not to the exclusion of correcting the general health. Indeed, these local diseases cannot be cured until enervation and elimination are restored to the normal.

It is no uncommon experience for these patients to consult me after they have had one or both ovaries removed or the womb taken out, the appendix removed, or after being subjected to several dilations or curetments. Are they made any better by the operations? As a rule, they are made worse.

A pronounced case requires months of correct treatment to bring the sufferer back to full health; but all such cases can be cured, if they can be induced to follow instructions long enough for their bodies to undergo a complete physiological readjustment.

It is a crime to submit these patients to radical operations; for when the womb or ovaries, or both, are removed, the paralysis of will, which is one of the distinguishing characteristics of pronounced types of this derangement, is made worse.

A truth that should be widely known is that sex virility gives will-power. The more this power is dissipated in unrestrained venery, the more the will gives way.

Self-abuse—onanism—and the lascivious mind that accompanies it, will, in the end, break the will down entirely, and render the victim helpless and hopeless, so far as being able to resolve and carry out necessary work or study.

SLIGHT IRRITATIONS SHOULD BE CURED.

A slight irritation of the reproductive organs, that can and should be cured, often becomes the exciting cause of nymphomania; and when this habit is established for a length of time, will is lost and the victim has no power to do anything except in the line of her wants, and her wants are all in the line of self-destruction. These types are often abused by needless and senseless operations. Often ovaries are said to be diseased, and operations performed or recommended. What can an operation do? Not cure, surely? But it will remove the virile energy which, if wisely used and conserved, will go far toward restoring the patient to a normal state of health; but, if sacrificed by an operation, the body is deprived of its will-potency, and further deterioration will follow.

The reproductive organs cannot be sacrificed with impunity, and there is seldom, if ever, any excuse; for the diseases for which they are extirpated can be cured more readily if these organs are retained.

The tendency of all bodily derangements is to eventually end in impotency—pronounced enervation—if the causes of the derangements are continued.

Those people who suffer with the diseases I have been describing can be divided into two classes, namely: those who are strongly sexed, and those with little sex development. The first class menstruate freely, and often too much; they have a large bust development, and the mammary glands are kept in a sensitive state through sympathy with the reproductive organs. Excessive menstruation acts as a safety valve, so to say; for unless the hyperemia is relieved by a bleeding that will deplete the reproductive organs, young women so afflicted will suffer greatly from headache, nausea, vomiting and other symptoms of indigestion, such as bloating of the bowels, constipation, palpitation of the heart, flushed face, and general nervousness; the nervousness sometimes bordering close to frenzy. Of course, social and domestic environments will lend complexion to the symptoms. Where parental discipline is bad, and there is much friction between the girl and her parents, the former will be made desperate by attempts at unusual correction. Among those girls who have been allowed to have their own way, until this disease of adolescence makes it necessary for parents to change from a state of careless indifference to active vigilance and restraint, there will be much friction.

Girls in this state do not realize that a change has come over them, but they do see a great change in their parents, and misin-

interpret it as an evidence that their parents do not love them any more; for where father or mother, or both, once winked at the license they took, they now object strenuously, and even interpose physical restraint. The girls cannot see that their every want is in answer to a sex impulse, and the parents believe their daughters have suddenly developed symptoms of degeneracy. Both are wrong; the parents' love has not waned, but they feel that they must save their daughters at any cost.

Parents of these girls are reaping what they have sown. Instead of properly disciplining them in their childhood, they allowed them to have their own way; for their wants were childish and innocent, and it was easier to allow them to do as they pleased than to restrain them. Hence, as children they grew up knowing no better than to gratify every impulse. Then, when the sex impulses began to arise out of the subconscious—impulses that the child-mind cannot interpret—they were surprised to meet with their first resistance, and from this point in their lives they found opposition on every hand. The more these girls are opposed, the more they are determined to have their own way; the mental state that is developed because of their fancied abuse, tends to intensify their pelvic irritations.

The reproductive organs at this stage of development will take on new irritations from self-abuse or lascivious day and night dreams. This is a dangerous period in a girl's life, and, unless properly handled, a life—or, what is more, a character—may be lost.

The foregoing symptoms belong to a pronounced type of ovarian and uterine irritation. If there is excessive menstruation, this discharge will greatly relieve both the physical, mental and

moral natures. Marriage will bring relief; but if marriage is immediately followed by gonorrheal infection, or abortion with slight septic infection, life will be ruined. These infections, contracted while the reproductive organs are aglow with excitement, causing irritation and hyperemia, will spread like a prairie fire; the womb, fallopian tubes and ovaries will become involved, and health will probably be lost forever. The surgeon may remove these organs, but, unfortunately, the operations fail too often to take away all the disease.

RUIN WOMEN'S LIVES.

If wives learn of the cause of all their troubles, it is likely to ruin their peace of mind and render them pessimistic for life. Even if the reproductive organs are not removed, sterility is inevitable, and the sequel amounts to a procession of all sorts of diseases, one following the other, rendering life miserable; such as abscesses in tubes and ovaries; chronic inflammation of the lining membrane of the womb; ovarian and uterine tumors. The victim is no sooner out of one trouble than she is in another.

One of the prettiest young women I ever knew became the victim of just such a physical disaster, and after suffering for fourteen years, and undergoing all sorts of operations, she finally died in a hospital where she had gone for the removal of a suppurating tumor. She and her husband were possessed of most excellent physiques and when married were, to all appearances, as healthy as they were handsome and happy. Both passed out of this life before they reached forty years of age; she tortured to death by disease, he by remorse at being the cause of so much suffering to the one he loved.

At times those suffering from congestion of the reproductive organs will go insane and commit insane acts.*

In all probability Miss Parks was suffering from symptoms such as I have described. As stated before, these cases are often operated upon for appendicitis, but there is no more excuse for removing the appendix than there is for removing the womb or ovaries, or both. All the pelvic organs are in a state of hyperemia, and if there is no local pain, there will be reflex pains, such as deranged digestion, pain in the bowels, pain in the appendix or in the region of the appendix, and pain in the region of the chest or heart. But when properly treated, the most disagreeable symptoms disappear.

As stated, those who suffer with pelvic derangements are divided into two classes. The first I have described are those who have excessive menstruation. There are others who are troubled with amenorrhea (absence of menstruation), or their

*Two-year-old Helen Marguerite Green, the only daughter of Mr. and Mrs. J. H. Green, of 943 Kerby Street, was beaten to death yesterday afternoon with a shoe tree by her cousin, Frieda Parks, daughter of F. E. Parks, a carpenter, 359 Ivy Street, at the home of the Parks girl, following a sudden attack of insanity, who, after crushing the skull of her tiny victim with the shoe tree, slashed the child's throat with a razor, almost severing the head from the body.

The murder was committed at the home of the Parks girl, where Mrs. Green, who is a sister of Mrs. Parks, had gone with her baby to spend the afternoon while Mrs. Parks made a trip to the city. . . .

The sudden insanity of Miss Parks was due, it is claimed by Dr. W. B. Hamilton, who was called, to a long siege of illness. Miss Parks has recently been operated on for appendicitis and has been ill for more than a year. Previous to that time she was employed as a stenographer for E. E. Lytle, a railroad official. The neighbors declare that the girl was a beautiful character and had never displayed any mania of any nature before yesterday's outbreak.

Dr. Hamilton declares her mania was to kill the one she loved best. It is well known that Miss Parks has taken more than a usual interest in her little cousin.—*Oregon Daily*.

menstruation is irregular, very slight and unsatisfactory. These patients never know when they will be unwell. Quite a percentage lack development. The womb remains infantile; they are not inclined to have much bust development, and many have none at all. And if they get married, many are sterile. These patients are not remarkable for large appetites. They are more inclined to pick over food than to eat it. They are subject to headaches, neuralgia and nervousness. Their nutrition is usually very poor, and they are usually under-weight. If much mental trouble comes to them, they get more and more nervous, lose weight—get thinner and thinner—and many of them die from starvation in the midst of plenty.

Treatment: Those of the first class should be put on a very restricted diet and kept from all excitement. They should bathe daily; take excellent care of the skin; sleep as near out of doors as possible; and they must be kept away from the society of those who have a bad influence over them. They should be induced to read good literature; avoid love stories; and they should be put to bed at night by ten o'clock, and allowed to sleep as long as they can. They must be occupied. Idleness with those suffering from such pelvic disorders will aggravate their condition. Everything must be done to bring about contentment. Plain food and high thinking are two necessary remedies.

The second class need building up; they need plenty of good, nourishing food, provided it is eaten under the right conditions; and the right conditions are mental and physical poise. Mental worries must be gotten rid of; they must be taught how to be optimistic, hopeful and happy. Inasmuch as they are very easily worn out, such patients should not be allowed to go to

theaters, or places of amusement or excitement, at night. Such care for a year or two should be followed by good health, if proper hygienic and dietetic habits are practiced while living a retired life.

Both of these classes of patients are inclined to be hysterical, and those who are about them should have a great deal of patience. I don't believe in indulgence, but I believe in kindness and firmness. People who have no self-control are made stronger if those about them will govern them in a kind way. It is not an uncommon thing for both of those classes of patients to be subjected to surgical operations. There is no excuse for it, and it is one of the heinous crimes of the age; but so long as people will submit to such treatment, there will be so-called surgeons ready to do the work.

Cancer of the Breast.—I am often consulted by those who are troubled with "lumps" in the breast, and without an exception I find, on examination, more or less disease of the womb, which, when corrected, will cause the glandular enlargement of the breasts to disappear.

I frequently am asked to examine a remaining breast to see if "the cancer is returning," on breast having been removed because of an alleged cancer. I tell the patient that the enlargement is simply enlarged glands, due to deranged general health and disease of the womb.

Victims of unnecessary operations are hard to convince that a second operation is unnecessary, for, they declare, "This enlargement is just like the other." Doubt and fear will be entertained by these operation-cursed people until I prove my statements by causing the enlargement to disappear.

When bad habits of living have been continued until nerve energy is reduced to such an extent that elimination fails, and nutrition is brought to a low ebb, then we should not be surprised to find any induration of tissue or glands in the breasts taking on malignancy.

When enlarged glands, and indurations of any kind, cannot be removed by correcting the general health, and the local diseases that play the role of furnishing reflex irritations, they should be removed; but if deranging habits of body and mind are corrected before cancer develops, there will be no danger of its developing.

To cure cancer of the breast is doubtful, for the same conditions are to be met that have to be met and corrected in cancer of any other part of the body.

When amputation of the breast is not followed by a return of the disease, it is safe to say that the removed breast was not cancerous.

Prevention is the only safe and sure cure for cancer of any part of the body.

Treatment of Cancer of the Breast: The same general rules that I have gone over in writing of cancer of the womb apply to cancer of the breast.

Inasmuch as there is a close relationship between the breasts and the reproductive organs, ovarian diseases and uterine diseases must be studied in connection with the diseases of the mammary glands.

It is quite common for the breasts to be sensitive during the menstruation; many complain of swelling and tenderness, and sometimes a feverish state of the breasts.

Many women are troubled with lumps in their breasts. When the glands stay enlarged, it is quite positive evidence that there exists an ovarian or uterine derangement. I do not mean an organic disease of the ovaries, but a hypersensitive condition, due to causes I have described in writing of those diseases.

CHAPTER XI.

PRURITUS OF THE VULVA.



PRURITUS is a neurosis of the skin, producing a disagreeable itching and burning of the genitals. It is at first relieved by rubbing or scratching, but later this relief is only temporary, and the friction caused by scratching increases the trouble until life is made intolerable. The itching, tickling, sharp stinging and burning becomes so constant that the patient is debarred from going out among her friends. In some instances the patient suffers more at night, and the sleep is so disturbed that she is driven to taking drugs to procure sleep.

When examined, these patients show no local signs of the disturbance except what is produced by rubbing and scratching.

Causation: The causes of pruritus are many. Parasites or germs are given by medical authority as one of the principal causes. If parasites are the cause, they can be discovered, and the free use of lemon juice, locally applied, will soon kill them off. Carbolic-acid solution and mercurial ointment are the principal remedies used by drug advocates, or a solution of bichloride of mercury; but I find pure lemon juice quite sufficient.

Pruritus caused by other derangements is not so easily cured as when caused by parasites, for the cause is often obscure.

Where the cause is chronic inflammation of the womb, of course the womb disease must be cured.

Leucorrhœa is a cause of itching, but as leucorrhœa is itself only a symptom of other diseases, the cause of the leucorrhœa must be discovered and cured; then both pruritus and leucorrhœa will be cured.

Diabetic urine is said to be a cause. When it is, much care is necessary to keep the urine washed off. After each urination the parts must be washed with warm water, using a soft cloth.

Treatment: My treatment is always directed to the correcting of nutrition. Patients suffering with this disease are invariably troubled with digestive disturbances; their urine is too acid. The acid coming from the fermentation of an excess of starch intake keeps them nervous, and if they do not have neuralgia or rheumatism they may have pruritus; this being true, drug doctors should succeed in palliating by administering their alkaline treatment for rheumatism.

Itching and leucorrhœa are often caused from a lack of cleanliness. Women should make a practice of using a soft cloth and warm water to sponge off the vulva after every urination, and as often as twice a day they should wash with soap and hot water, being careful to make the washings thorough, and follow the soap and warm water with cold-water sponging.

I do not approve of the universal use made of vaginal douches. After menstruation, and when there is a discharge, the douches should be used; but if local washings are made as often as I have suggested, leucorrhœa will not be so common as it is now.

In addition to local cleanliness, I limit bread-eating to once a day, and proscribe potatoes, dry beans and peas.

Breakfast in summer can be fruit or melons; in the winter, baked apples or prunes and a glass of milk, or hot water and milk.

Lunch in summer can be clabber- or buttermilk; toasted bread and butter, or plain cake and ice cream; egg custard may be used in place of milk, or the milk and custard can be eaten, leaving out the other foods; in the winter, toasted bread and butter, and vegetable soup made without meat or meat stock.

Dinners in the summer can be of cooked vegetables and salad; eggs, fish, chicken or lamb may be added every other day. In the winter, meat or nuts every day, with cooked and raw vegetables.

If the patient is very nervous, the tongue coated, and she is troubled much with wakefulness, she should either be fasted until the symptoms are all better, or her eating should be confined to fruit, melons and clabber-milk in summer, and prunes, baked apples and buttermilk in winter. Only one of these foods at a meal until the disease is fully controlled; then eat as suggested, always being careful never to overeat.

The surface of the body must receive careful attention. A cold sponge-bath daily, followed with dry towel-rubbing, and the rubbings followed with exercise. Light-weight underwear should be worn the year around; wool should never be worn next to the skin.

The mind must be free from annoyances. Jealousy, envy, spite, hate, revenge—one and all must be put out of the life; for health cannot be had when the mind is not at rest. Domestic discontent will prevent recovery. Sexual abuse will stand in the way of becoming normal in mind and body.

Perhaps, if I do not proscribe coffee and tea, the habit of taking these beverages will not be given up. Coffee, tea, alcoholics and tobacco must not be used.

PAINFUL COITUS.

Hyperesthesia of the Vulva.—A highly sensitive state of the genitals is not a common disease, yet it is found in many women who are so-called neurasthenics, or who are in line for building this state of the nervous system.

I do not remember of ever seeing a marked case in any except young married women of the sterile class. No doubt the disease exists in unmarried women, but its existence is not known for obvious reasons.

Husbands of wives afflicted in this way are anxious to have them cured, for marital rights in severe cases are inhibited much of the time.

In extreme cases the sensitiveness of the urethra and the mouth of the vagina is so great that the patients are given great pain when examined by physicians, and if the clitoris be accidentally touched, the patient experiences exquisite pain. Even the rubbing of the clothing cannot be tolerated.

Wives afflicted in this way become morose. They brood over the fact that they differ from other women, and that the more medical advice they buy the worse they get, until they become discouraged and lapse into a state of morbid indifference. They are careless of their homes; careless of their personal appearance; they become sour, sullen and indifferent. If asked why they take no interest in life and appear to hate everybody, including themselves, their answers are in keeping with their manner, namely: "Why should I? What's the difference?" They hate themselves, and they believe that their friends are no longer interested in them; they lose their power of right reasoning. They will not permit their

friends to show interest; even father and mother are treated indifferently or with mild contempt.

If there is a sexual neurosis as a complication or as an initiatory cause, lascivious thoughts and self-abuse add to the local sensitiveness and general enervation, until sanity is lost in a hopeless melancholia.

The dyspareunia* is not understood by the husband, and he adds to his wife's burden (for she does not understand any more than he does) by declaring that she does not love him; and *too often* he attempts to coerce her into ignoring her affliction by threats of infidelity. This brutality only adds intensity to her suffering by making her still more sensitive.

If such a brutal husband carries out his threat and afterwards infects her with venereal disease, her suffering will be added to, if possible; and then, if tortured by the prevailing treatment, the poor woman may be driven to self-destruction to get away from her hell.

Not infrequently the origin of this neurotic disease is in a gonorrheal infection which leaves the urethra hyper-sensitive as well as the genitals.

Treatment: The first thing to do is to set the mind right by explaining the disease to the patient and her husband, and securing, if possible, a good understanding between them. She must understand that her mental attitude of pessimism must be overcome by using her will in exactly the opposite direction from her inclination; that she must not give way to her inclinations; that she must do something every day that she really does not want to do.

*Dyspareunia: painful or difficult copulation from physical incompatibility.

I tell these patients that they have lost their will-power; that they have paralysis of will; at which statement they take offense and declare that no one has ever accused them of lacking will-power before. They really believe that they exhibit will-power in treating their friends with indifference, and in behaving in a sullen, austere and ill-humored manner; but I add "insult to injury" by declaring that what they pride themselves on doing, as evidence of a strong will, is nothing more than a display of impotency; that they are going in the line of least resistance; that what they do is what they want to do; and I then clinch the argument by saying that there is but one way to show will-power, and that is to do what is right and proper to do, in spite of an overwhelming impulse to do the opposite. Then I show them that their whole desire is to act on impulse, and their impulses are morbid, for they are caused by their disease.

These patients must be controlled and encouraged in doing something for themselves by practicing self-control.

If there is inflammation, it must receive first attention. All granular or inflamed points may be touched with carbolic acid, using a pointed match or toothpick; care should be taken not to get the acid on parts not needing it. An olive-tipped sound may be used to rub the granulations out of the urethra. The size of the sound should not be larger, to begin with, than No. 24, French measurement, and after the sensitiveness is overcome, a larger sound, selecting one from 26 to 34. The rubbing should be gentle and continued for only one or two minutes every other day.

Eating must be light; the first few days no food, except water as often as desired; after the third day, prunes for breakfast, melons

or clabber-milk for lunch, and vegetable soup and cooked vegetables for the evening meal. One hot cleansing bath each week, taken just before going to bed at night, and a cold-water sponge-bath every morning.

Exercise should be taken every day both in the house and out in the air.

The disease must be fully controlled before full eating is resumed, and then bread should not be eaten oftener than once every day, and that at luncheon; and meat not more than once a day, and that at dinner. To give a general outline, the eating should be fruit at one meal, bread at the next, and meat and vegetables for the third meal.

These patients must always be careful about overeating on starch, sugar and fats.

I could go into much detail in giving my treatment of this disease, but it is not necessary for physicians, and, so far as patients are concerned, they cannot cure themselves; they require the most skilled physician they can get, and then, if the physician is unable to control them, he will fail to make a cure.

VAGINITIS.

Inflammation of the vagina may be simple, brought on from sexual abuse or from using douches made irritating by drugs, or the inflammation may be specific or gonorrheal.

Symptoms: The symptoms are a feeling of heat and fullness; there will be pain in the vagina and uterus; a dragging feeling in the loin. Leucorrhea, ranging all the way from a thin watering to a thick catarrhal or white-of-egg discharge. The latter indicates inflammation of the neck or body of the womb, or

both. When the leucorrhea takes on a purulent state, it becomes yellowish or brownish to bloody in color.

When women are careless in eating, bathing and clothing themselves, they will evolve a state of blood and nervous system that takes on local inflammation easily; their resistance is low, and injuries at childbirth inflame and ulcerate instead of healing in a normal manner. It is this class of women who swell the death-rate in abortions, miscarriages and childbirth.

When criminal abortion is performed on women who are dirty in body and mind, a large per cent. will die unless saved by the vigilance of the nurse; when the nurse is careless, septic fever is almost sure to set in and destroy the patient.

Physical uncleanness stands at the top of all causes that bring on diseases of women.

Text-books give the eruptive diseases as an unusual cause of vaginitis. It is probable, for the eruptive diseases are purely skin diseases, and a disease of the skin in one part of the body will excite the sympathy of the skin in other parts of the body.

Treatment: The treatment for vaginitis must be the same as for inflammations in any other part of the body; namely, either fast for the first week, or at most take a little fruit that is not too acid; drink three or four pints of water each day; use from two to four quarts of hot water as a douche morning and night, and enough local washings, using warm water and a soft cloth, to keep all discharges washed away.

Cleanliness is the all-important remedy in all diseases, but especially is this true in diseases accompanied with discharges.

I shall not give my treatment for gonorrhea, for I have gone into that subject very extensively in my book on "Gonorrhea and Syphilis."*

*My book "Gonorrhea and Syphilis" everyone should read, for it is revolutionary and should be an epoch-maker. Perhaps the most original work of the kind ever brought out.

CHAPTER XII.

VARICOSE VEINS.



ENLARGED VEINS. — Many women are troubled with varicose veins of the legs. So great is this affliction with many mothers that it is thought to be a disease peculiar to women, and especially women who have borne children; but this is not true, for many men are troubled with the disease.

Pregnancy or the carrying of children is given as one of the causes, but it is a libel on creation. Nature sets no penalty on women for being mothers; indeed, when women take on motherhood in the right spirit and intelligently, they then, and not before, develop into full maturity. The rightly-cared-for women are not at their best as wives, companions and mothers until they are forty years old; from forty to fifty years of age women should be in their prime, and why are they, many of them, broken down? Because few realize that the conventional life of our people today is fearfully destructive to health, and ages the people rapidly—and none faster than mothers.

The strain on mothers is great; they are expected, with rare exceptions, to have the responsibility of the house, and too often the work of the home, until the day of confinement; and then they are expected to get out of bed and get back to work as soon as possible; administer to children day and night, sick or well; and, neither

last nor least, cater to the husbands' sensual pleasures. With all this burden, is there anything strange in the fact that a healthy, normal mother is hard to find? Add to this the burden of her own ignorance in eating and caring for her own mind and body, and, on top of this still, the abominable treatment received from the medical profession—the surgery she is subjected to—and there cannot be surprise at the fact that many die and many more are in the scrap-pile before forty years of age.

One of the diseases that help to make a mother's life miserable is varicose veins. The veins of the legs swell to a great size, often to half the size of a man's wrist, and the leg or legs from the feet to the body not infrequently swell to double the natural size.

When the swelling is great the suffering is great. The veins appear knotted and frequently break, and in extreme cases ulcers form on the shins or above the ankles.

The cause is enervation. Is there any wonder that mothers are enervated? Indeed, resistance is low, and this state cannot exist without bringing on imperfect elimination. Add to this the constant absorption of intestinal toxins from indigestion brought on from overeating and improper eating, and the reader has a picture of many of the causes of varicose veins.

Intra-abdominal pressure from a gravid uterus, or the accumulation of fat, or gas from indigestion, is a common mechanical cause; but the chief cause is intestinal auto-infection from overeating. It should not be forgotten that the greater the load of care and responsibility, the greater the enervation; and the greater the enervation, the easier it is to overeat. Contrary to the profession's constant injunction to "eat," I say: Do not eat more than you have nerve energy to take care of; for if you do, you must suffer. The

profession has fallen into the untenable belief that the body is a machine that has the power to care for a given amount of fuel under any and all circumstances; but the truth is that food can be taken care of or not, just in proportion to the amount of nerve energy possessed. Those possessing full energy may eat all necessary to supply the needs; but, when enervated, the amount must be cut down to agree with ability to digest and assimilate, and if this law is not respected, disease is sure to be built; and one of the diseases that follow in the wake of overeating is the one under consideration.

Treatment: The conventional treatment is to put on a bandage or silk-rubber stocking and call the disease well treated. Such treatment is a miserable, lazy makeshift that cannot do more than palliate. Another shameful, inexcusable medical blunder that is called a radical cure is to remove the veins by cutting them out. What is the outcome of this radical cure? Within a year or two other veins are enlarged to equal those taken out, and why not? The cause has not been removed—and, worse yet, not even suspected. There is but one cure, and that is to remove the cause. The general health must be restored by proper feeding and care of the body. All nerve-leaks are to be gotten rid of. What are they? Haven't I gone over them? Everything that is enervating in the woman's life must be corrected; if jealousy is the principal cause, there can be no cure until this depressing influence is put out of the life. Must I go over every cause of enervation, single it out and say remove it, or be accused, by some *pin-headed reader*, of not being specific enough in my instructions? Must I tell such people just how many ounces of food to eat to correct indigestion? No two cases are alike; hence, what is suitable for one is not suitable

for another—except: If you feel badly, do not eat, and when you eat, do not eat enough to cause ill feelings.

For a severe case eating should be suspended until fully relieved; then eat moderately, leaving meat off entirely and living on fruit and vegetables—no potatoes. Do not expect to get any except palliative relief very soon after adopting my treatment; for a right life must be followed for at least three years to secure a full cure, and then a reverting to old habits of life will soon cause the disease to return. Good health and a comfortable life for such people means the adoption of correct habits and staying with them for life.

NERVOUSNESS.

Who does not know what it is to be nervous? Everyone knows what nervousness means, yet few really know that nervous people must be divided into two classes; namely, those who have irritable nerves and those who have weak nerves. A good division would be that of Irritation and Depression; or perhaps I might divide these patients into those suffering with Nervous Irritation and those with Nervous Depression.

NERVOUS IRRITATION.

This class of people we have around and about us all the time. We meet them everywhere, and a home that has not one or more in it is rare and hard to find. They are known by many names. A gentle, loving wife will refer to her husband, who is suffering from nervous irritation, as: "My husband is very nervous." A wife who is not so gentle and loving refers to her spouse as: "My husband has a very ugly disposition; he takes it from his mother." When both husband and wife are afflicted, she may declare that he is unkind and has no consideration, or in extreme

cases she may declare that he is a brute, or a fiend; and he may refer to her as a very nervous woman, or very disagreeable, or a shrew, and in extreme cases, where there is a little jealousy mixed in, he may decide that she is a hell-cat.

The possible types on both sides are infinite, and to describe the symptoms would be to describe the lives of men and women suffering from this disease, from their first little unpleasantness as lovers to the divorce courts, and from there, only too often, to a suicide's or homicide's grave.

To trace the disease through another channel would be to start with a girl who becomes irritable at the corrections of parents and teachers, or who shows impatience at trivial differences with her associates, or becomes hysterical at not having her own way, and seeks to revenge fancied offenses by doing imprudent acts. From this state, too many lose self-respect and in a fit of desperation mount the toboggan route to hell; and at what particular station they get off does not matter, for any one of them means a ruined life. Young men start much the same, and their lives are filled with crime and punishment to the end.

My extreme description—the worst types—fits only those who unfortunately are born *moral idiots*. A moral idiot is one in whom a sense of right and wrong fails to develop. This sense is found in varying degree, ranging from *nil* to full development. Those who have full development are as incapable of having sympathy for their antipodes as the latter—the moral idiots—are incapable of sympathizing with them. The two extremes are abnormal, and both are enemies to society—as much so as are the two extremes in acquisitiveness. On the one hand are those who have power to possess the earth, and on the other are those whose

sense of acquiring is idiotic. Social turmoil is kicked up by these two extremes, and it is all that the sane middle class can do to keep the idiots and insane from making earth unendurable. Please understand that sanity means well-balanced faculties. Where there is no development it means idiocy, and where development is excessive it means insanity.

When these extreme types are enervated by overstimulation from either gluttony, drunkenness, sexual excess, overwork, too much pleasure or unrestrained emotions, they are hard to repress; it is then that they desire to get at each other's throats. Please don't imagine that these people look different from the average person.

As sociology is not my subject, I shall go no farther than to say that when the world's social diseases are cured it will be after the masses are cured of their insanity brought on from enervation, and just after that is accomplished the millennium will be here.

Nervous irritation shows itself in fault-finding, and there are always functional disturbances of the sexual organs. Painful menstruation is common; headaches are common; or there may not be pain of a decided character, but these patients will feel a tense, drawn feeling, and they frequently describe their feelings as being unable to keep still, yet too weak to take any comfort in exercise. I have had such people declare that they feel like screaming; that they hold on to themselves at times until they feel like flying or going all to pieces; that if they cannot get relief they will surely do something desperate.

Others will be depressed and quarrelsome, finding fault with everybody; or they are inclined to believe themselves the cause of all their troubles; they are emotional without being able to give any

reason, and in this way distress friends who are at a loss to know why they are so unhappy.

Actions are largely a question of disposition; those naturally ill-tempered will find fault with anyone except themselves, and those who are kind and gentle find fault with themselves.

INTROSPECTION.

Those who are inclined to introspect have their bodies under continual investigation.

It is necessary to think about the body enough to supply its wants, but such thinking does not need to monopolize the mind to the exclusion of everything else. This is the class of women who are abused by commercialized medical men. If they are the wives of men who have means, their weaknesses are taken advantage of, and they are made to believe they have some serious bodily derangement that requires much medical attention, or possibly surgical operations. If they are not able to pay large fees, the doctors who do not need experience will give them a prescription they cannot afford—something like a change of climate or a sea voyage; and this drives them to a cheaper class of professional men—doctors who need experience. Under the care of this class they get operations without money and without price. This latter class is willing to live a few years on glory. The pay will be in having themselves talked about—being pointed out as good, kind, and friends of the poor. Their patients refer to them as unselfish, noble, unsordid. “He certainly had no motive in operating upon me, for I could not pay him enough to recompense him for the time he so generously gave to me.”

There is a sufficiently large crop of unemployed physicians to keep the people who are unable to pay emasculated, while those

who have money will certainly not go unattended, for fat fees attract those who have not time to dance attendance for glory.

HYSTERIA.

The name "hysteria" is given to those who suffer functional derangements. I do not believe there is any good reason for singling out a class of nervous women to be known as hysterics; for there is a hysterical element in nervous disorders, and the same great cause underlies all—namely, enervation. Perhaps the hysteric has less of self-discipline and is more inclined to be dissatisfied with her environment. Such women are inclined to see more to enjoy in other women's lives than in their own, and too frequently in other women's husbands. Where there is a pronounced sexual development they rather enjoy the novelty of divorce courts and frequent marriages. They tire of the monopoly of one man, and enjoy giving him freedom if in doing so it buys freedom for themselves. This type of hysterics cannot be said to be invalids, unless it is necessary to be sick to secure the freedom wanted. If a trip is desired, and there is no way to get it except on a physician's prescription, they can get up the sickness all right, and it is surprising what a splendid imitation they can produce; indeed, I have known operations to be performed where such an extreme was necessary to attain an end.

These people succeed in fooling everybody, including themselves.

A cure is doubtful; for this type of derangement belongs to criminality and requires discipline, and there are no institutions for this class, unless a crime is committed that is punishable.

There is a type of hysterics who are sufficiently enervated to put them in the class referred to as *nervous*; either the irritable or

depressed class. They make pronounced types of either of these classes, and differ from either in the tendency to humbug friends. The hysteric have a strong desire to have those about them see everything as they see it—not that they contend in argument, but they persist in acting in a way to force people to their point of view, and will resort to chicanery, and are so clever that it takes an expert to detect their humbuggery. This state is truly a disease; it is a form of mental disease, and requires discipline, both mental and physical. The more bodily derangement, the worse the mind is perverted. Many think that hysteria is confined to women; this is a mistake; almost as many men have the disease as women, and they are as hard to cure and require as severe discipline. There is always a lack of self-discipline, and frequently a morbid egotism.

Pronounced types may truly be called egomaniacs.

NEURASTHENIA.

Neurasthenia is an exhausted nervous system. The best writers say that it is due to malnutrition. It appears to me that exhausted nerves are the cause of the malnutrition; for unless there is nerve energy, digestion will be imperfect.

Nerve irritation and nerve depression, that have been described before, may be thought of as the early symptoms of neurasthenia.

To recognize neurasthenia as a special type of disease is a mistake, for it is not; it is a symptom of a constitutional derangement, and the derangement may be the expression of many diseases. Any disease that exhausts the nerve energy will be accompanied with symptoms peculiar to neurasthenia—if I may be pardoned for jumbling words; for I might as well say that exhausted nerve energy produces exhausted nerve energy.

Those who develop into real types of neurasthenics are the children of parents who failed to impart to them a stable nervous system; in other words, they are children of parents who lived the pace that exhausted their nerve energies so that they could not impart to their children enough vitality to meet the vicissitudes of life with adequate resistance. Such children use up their small stock of energy by the time they finish school, and then settle down to a life of invalidism; many die in infancy and during their school years. Such children should not be sent to school; they should be kept in the open and allowed to find "tongues in trees, books in the running brooks, sermons in stones, and good in everything." I doubt if civilization has improved on nature's plan of education enough to persist in building the neurasthenic temperament by housing children on the pretext of educating them. We have a lot of questionable *educating*.

A lack of concentration is one symptom; also a lack of memory. Where concentration is finally secured there is lost power to divert, and when the diversion is forced the mind will not lay hold of the diversion, but appear dazed and unable to lay hold of any new subject. Dreaming is often mistaken for concentration. Inability to shift the mind at command is not an indication of power; it means mental impotency, and unless corrected will lead to disintegration of the nerve centers. A really healthy, disciplined mind is one that can be instantly concentrated, and as instantly broken away from a subject in mind to take another. A mind that cannot do this needs exercise, and if it is not given exercise by changing subjects frequently, it will certainly degenerate.

The neurasthenic complains of unpleasant feelings in the head—not amounting to pain, yet enough to draw the attention; and the feeling is often exaggerated by thinking about it. These

patients are inclined to introspect, and where the habit is developed it causes depression. Complaint is made that brain-work causes a feelings of fullness in the head.

Dizziness is another symptom that frequently points to functional derangement of the stomach, bowels or liver.

Defective vision is a symptom that will pass away when the general systemic state is improved; when there is cataract forming, its progress can be held in check by proscribing the foods that carry into the system too much mineral; and the consumption of table salt should be very small.

A few years ago there was a type of medical craze that declared that nearly all nervous symptoms were due to eye-strain from myopia, presbyopia, or some other eye defect.

Hearing is sometimes acute—so much so that noises disturb; many complain of noises in the ears, such as ringing or that made by insects.

Timidity is one of the most pronounced symptoms. Patients are often made very unhappy by apprehensions—a fear of everything. They have no pleasure in recreating, for they are looking for trouble.

These patients are poor sleepers; sleep is never refreshing. There are a few who have difficulty in going to sleep, and are then hard to awaken and do not want to get up of a morning.

These patients tire easily and dislike exercise; they stumble and are inclined to drop anything held in the hand.

A few blush so easily they embarrass themselves; hands and feet are usually cold and clammy, showing disturbed circulation and often a weak heart; sweating often follows exertion, and many ruin their dresses by sweating under the arms.

These people have every symptom that can be named, or belongs to indigestion. The appetite is variable and abnormal—sometimes none, and again craving and hard to satisfy.

These patients are treated by physicians of small experience for every disease to which flesh is heir.

Causation: Anything that exhausts the nerve energy is a cause. Venereal excess, preventing conception and criminal abortions are a few of the most pronounced exciting causes. However, there cannot be any cause that works mischief more and oftener than errors in diet; for it is to this cause that abnormal appetites are due. Venereal excess is under the control of the diet; imprudent eating and overeating builds passion; and it matters not what treatment is given—if eating is not corrected, no good will be experienced.

Treatment: The best authorities agree that nutrition is to be looked after above everything else in the line of treatment, and then they proceed to enumerate all kinds of drugs, from asafoetida and valerian—the treatment of forty years ago—to the rest and “good nourishing food” of today, aided with bromides. “Bless the man who invented the bromides.” This quotation calls out a hearty amen! from hosts of M. D.’s.

“The tendency among the best physicians is to avoid drugs,” Osler declares; and: “Treatment by drugs should be avoided as much as possible. A placebo is sometimes necessary for its psychic effect. Alcohol, morphine, chloral or cocaine should never be given. The family physician is often responsible for the development of a drug habit. I have been frequently shocked by the loose, careless way in which physicians inject morphine for a simple headache or a mild neuralgia. General tonics may be helpful,

especially if the individual be anemic. Arsenic and more often iron are then indicated."

He recommends the bromides, and occasional doses of "phenacetin, antipyrine or salipyrine may be required, but the less of these substances we can get along with the better."

There can be no set plan of treatment, for every case is a law unto itself. When the circulation is bad, a short hot-water bath of from three to five minutes' duration, followed by a quick cold-water sponge-bath and a dry towel-rubbing, should be taken every morning; light to medium-weight cotton or linen underwear should be worn throughout the year; as much exercise should be taken every day as can be without great fatigue. If the bowels are constipated, two glasses of warm or cold water should be taken before breakfast every morning, and one glassful a half-hour before the other meals.

Two cupfuls of hot water may be sipped immediately following each meal, or what is known as cambric tea.

The general plan of eating should be: fruit for breakfast; vegetable soup for lunch, and toasted biscuit-bread and butter; and cooked vegetables—any except potatoes, dry beans and peas—for dinner. Where there is sufficient digestion to justify, the bread and butter may be used with the soup for lunch, and meat, eggs or fish can be used with the vegetables for dinner. When the bowels are not constipated, a salad may be used with each dinner.

These patients need to learn their food limitations, and every other limitation, and respect them; if they will not, they need not expect to get well.

A cure really means education out of hundreds of *little bad habits*—little habits that "do not amount to anything." Yet the individual is broken down in health, and it is safe to declare that

these same "little nothings" have as much to do with keeping the disease in evidence as anything else.

Some people will not ventilate their bedrooms until forced to do so, and then quit as soon as they are not watched and advised.

The bad habit of giving way to the emotions must be controlled. Everything that causes nerve-waste must be controlled before such cases can hope to regain health.

The curing of disease means the discovery of cause and then the removal of it. It is nonsense to say there is no cause, or that the cause is long since past; for, after forty years of advising the sick, I know that all diseases will get well when their daily building is stopped.

DELAYED MAMMARY DEVELOPMENT.

There are young women who have no breast development. This delayed development is supposed to be retarded puberty; if it is, marriage will hasten development.

Treatment: I usually prescribe exercise daily, with massage and cold sponge-bathing.

PREMATURE DEVELOPMENT.

In some children there is unnatural irritation, and it should be discovered and corrected. The diet should be non-exciting. If self-abuse is the cause, or bad company—companions who poison the mind with talk on sexual subjects—the cause must be removed, and the eating of meat and rich foods must be inhibited.

RETRACTED NIPPLES.

These should be treated by removing pressure and, if necessary, using a cupping-glass once a day.

Fat girls often appear not to have nipples, or those they have very short, because of an undue amount of adipose tissue; if necessary, the breasts may be cupped enough to elongate the nipple.

Retracted nipples are caused from some injury in childhood or malformation, and will have to be treated according to the needs of each case. The family physician should be consulted, and he must do what appears to be necessary.

Sensitive breasts need no special treatment. The eating habits must be looked after; and if there is ovarian or uterine irritation, it must be treated according to needs.

DERANGED SECRETIONS.

Unnatural secretion is caused by deranged health, and whatever the derangement is, it must be sought out and corrected.

Galactorrhea in those not nursing is rare, but there is such an anomaly occasionally; all such peculiarities must be treated individually, or treated as appears to be necessary when presenting.

This derangement occurring in nursing mothers indicates error in diet during the pregnancy as well as after, and will be treated at more length in my advice to prospective mothers.

Easy Childbirth

Easy Childbirth



IT IS the right, privilege and duty of all normally built women to have an easy labor.

Suffering unnecessary.—The suffering, injury and consequent ill-health that a large per cent. of women experience from childbirth is unnecessary and one of the greatest crimes that can be laid at the door of medical science. The great profession is morally responsible for much of lay ignorance on the subject of disease and health, but in nothing greater than in keeping the prospective mother ignorant of how she should live during the gestation period; for on her manner of life during that time depend easy labor, her future health and the health of the child.

There is much ado these days about pure milk, clean dairies and care of children. The paid writers of the A. M. A. have been exceedingly busy in teaching the public conservation of health; all of which is proper and right; but the education is palliative, the same as most of the teachings of medical science. All this hurrah in health education is a case of locking the barn after the horse is stolen.

The people should know as much as they can be taught on the necessity of feeding children pure milk, and everything needful in the line of avoiding sickness, and care after disease comes; but nine-tenths of diseases and deaths among children can be prevented by educating the mother how to bring forth normal children.

A normal child cannot be born by an abnormal mother. Nervousness in mothers will impart nervousness to children; and it should be common knowledge that nervousness means enervation, and enervation means weakness or lessened resistance, and that this state is brought on by overstimulation. The inebriate brings it on by using alcoholics; overeating, and the use of coffee and tea, bring it on the people generally and particularly mothers; then add the many other enervating influences to which prospective mothers are subjected, and there cannot be any wonder that normal childbirth and lactation are becoming extinct.

WHY MOTHERS LOSE THEIR MILK.

Abnormal mothers have severe labors; they are injured in childbirth; these injuries cause nerve and blood derangements, which cause them to lose their milk entirely, or derange the chemical constituents of it to such an extent as to ruin it as an ideal food for their children.

There is but one proper food for children, for the first year of their lives, and that is the mother's milk; and all mothers can furnish good and sufficient milk for their children if they are willing to live as they should during their gestation period.

The principal immunization from disease for children is healthy parents, and especially healthy mothers during the gestation period.

EATING FOR TWO.

There is a stupid notion, quite generally believed, that pregnant mothers should eat enough for two; this results in indigestion; gluttonous mothers have much acidity of their stomachs; many resort to taking baking-soda, magnesia, charcoal or some other ant-acid; and, strange as it may appear, medical men prescribe such pal-

liation instead of advising prospective mothers to avoid stuffing and eat within reason, if they would be comfortable.

Sick stomach, sour stomach, burning in the stomach, heart palpitation, short breath, sore mouth, bloating of the bowels, unsightly distention of the abdomen, the tired, languid feeling, swelling of the legs and feet, varicose veins, excessive weight of body and stupidity of mind, all come from "eating for two," which often means eating enough for a whole family. Such ignorance is inexcusable and certainly a disgrace to the medical profession; for if medical men were not possessed of a like stupidity, the mothers of the world would know better. Why should average medical men not know that overeating by pregnant mothers is the cause of acid stomach? Why should medical men know no more than to believe that morning sickness, acid stomach, over-distention of the abdomen from the accumulation of gas, swelling of the feet and legs, and all the discomforts of pregnant women, including painful and difficult labors, the early drying-up of the milk, or the giving of no milk at all, and cross, irritable, sleepless and sick babies, are necessary afflictions sent upon the mothers of the world?

CAUSE OF ACIDITY OF STOMACH.

Just why any medical man cannot understand that acidity of the stomach means overeating, and that such a habit continued through the gestation period must end in an abnormal labor, I cannot conceive, unless there is something about the study and practice of medicine that nullifies common sense and reason.

The mother instinct—the love of mother for her child—would not permit her to live in a manner to jeopardize the health and life of her child, if her stupid, medical ass knew enough to advise her. It appears impossible that laymen should not know those simple

facts, but I presume that such lay-ignorance is the price civilization pays for being instructed by a select class—for delegating the right to think on individual and personal matters to an *inspired* or especially educated class. The result has been, as it always must be, that when the affairs that concern the individual are neglected, or delegated to others to attend to, they will not be attended to, and the knowledge and ability to attend to them will be lost to those vitally concerned. Neglect self-development and it becomes a *lost art*; no amount of wisdom in others can save the mentally emasculated. Money cannot buy common sense when its development has been neglected.

WHAT GLUTTONIZING LEADS TO.

What does gluttonizing or overeating bring on the mother at the time of confinement? The labor may be forced on a week or two ahead of time because of gas pressure—gas distention will bring discomfort and bearing-down—and when labor is forced on before full relaxation of the neck of the womb has come about, the labor must be prolonged several hours beyond what it should be, and the risk of rupture to the soft parts is made much greater.

Gluttony often causes an excessive distention of the womb from “waters”—distention from an excess of amniotic fluid—and where the membranes are thin and liable to rupture, premature labor is forced on from two weeks to three months in advance of the regular time. This unnecessary accident often robs young mothers, and old ones too, of the fruits of their womb. Where the membrane is unyielding, the woman frequently runs over time, and the labor is made unnecessarily long and fatiguing.

Distention of the womb from too much fluid permits the fetus to tumble about and become entangled in the cord. Frequently the

cord will be wrapped about the neck several times. The cord may be so shortened by being bound around the fetus as to seriously prolong labor, and is often the cause of the child presenting wrong and causing complications requiring a very skilled physician to save the lives of mother and child.

When the membrane is thin and ruptures prematurely, the child may be lost—killed from the severe contractions of the uterus; the fluid is necessary to act as a cushion to prevent the expulsive contractions from beating the child to death.

EXCESS WEIGHT.

When the mother is encumbered with flesh, the child will be, unless the circulation through the cord is impeded by twists in it caused by the turning of the fetus. Partial obstruction to the fetal circulation from twisting of the cord interferes with the child's development, and the obstruction from this cause may be great enough to cause its death. These contingencies are remote, but occur often enough to be known and guarded against.

Encumbered mothers must always be autotoxemic, hence more liable to be left with uterine catarrh; and children of such mothers are often said to be born with catarrh. Inflammation and abscess of the breasts are more liable to develop in autotoxemic mothers than in others, and childbed fever will develop in these subjects more surely than in others.

The reason that enervated and toxemic puerperal patients are more liable to infection is because their tissues are more relaxed, thickened, and disposed to obstruct drainage. Not infrequently a slight malposition favors the retention of discharges, and if this faulty drainage is not discovered and remedied at once, fatal infection will surely follow.

Women whose modes of living are such as to bring on uterine displacements—the wearing of close-fitting corsets, gas in bowels, accumulated fat—are liable to have trouble at child-birth; all such prospective mothers should take care of themselves during gestation, so as to avoid such a contingency.

If prospective mothers would have ideal children, they must live ideally from the beginning of pregnancy to its end. I do not mean by living ideally that the woman practice a mawkish sentimentality and live objectively a life that she does not feel subjectively. A prospective mother should endeavor to keep sweet in mind and body, and this she cannot do if she is practicing enervating habits. Overeating is a common cause of overstimulation; and my lay-reader should not forget that overstimulation always brings depression—weakened nerve energy—a state of the body physicians know as enervated.

ENERVATION.

Enervation can be brought on from overdoing in any way. Too much play as well as work is bad for prospective mothers. Doing the family washings and ironings is not a good thing for mother or child. Farmers know the evils that follow working their breeding animals, but few of them apply the knowledge to their wives and children. I have known quite intelligent stockmen to raise fine animals, but make miserable failures at raising children. When their stock miscarried or brought forth young that did not thrive, they knew the cause; but when their wives and children did not do well, they called physicians to treat them for diseases that could have been avoided if they had applied their knowledge of stock-raising to their families.

Cholera infantum in children is known as "scours" in young animals; the stockmen know that overworking and fretting their mares during their gestation period causes "scours" in their colts; but they and many of their physicians, believe that the Nemesis, disease, has in some unaccountable way taken hold of their wives and children. Hot weather, bad water, flies and impure milk are the scapegoats to which all evils are charged.

EVILS THAT SHOULD NOT EXIST.

The stockman, as well as the humane society, would prosecute anyone ignorant and stupid enough to allow the males of any breed of animals to tease and excite sexually the pregnant females; but this health-destroying practice is permitted without a protest among human animals.

The female of the lower animals may, and does, protest and protect herself, by fighting off her assailant; but no such right is vouchsafed to the wife and mother of the human race; she is made the slave of the male by the *Holy Bonds of Matrimony*, and unless she submits to her husband, she will be looked upon as an unnatural wife.

I have known the love of young wives for their husbands turn to hate, and have been asked to explain the change. It was simply a case of subconscious nature protecting itself. The wives were often distressed in mind, believing themselves unnatural, and strove to act and appear different from their feelings. They were intelligent enough to feel that possibly their mental attitude toward their husbands would cause their children to be turned against their fathers.

Is there anything strange in the fact that there are so many children who have nothing in common with—no real love and sympathy for—their fathers?

It is no uncommon occurrence to have prospective mothers coerced into submission to this unnatural act by tacit or open threats of infidelity. Only the most stupidly ignorant can believe that no harm will follow such treatment.

Miscarriages are not infrequent, caused by sexual abuse, and the abortion habit is sometimes built from this cause.

Domestic quarreling is the legitimate outcome of sexual abuse during the gestation period, and sexual excess is the cause of nine-tenths of all domestic woes.

THE CAUSE OF JEALOUSY.

Jealousy is the ban of society, and its cause lies in sexual excess. When the nervous system is enervated by excess in this line, one of the symptoms of this abuse is insane jealousy.

Excessive eating builds an unnatural and excessive sexual desire, and woe to the unfortunate wife who gratifies it; for excessive gratification builds the brutal nature and transforms the erstwhile gentle, loving husband into a coarse brute—one who is kinder and more considerate of any other woman than he is of the one who gratifies his lust; his kindness, however, is only in the seeming, for in reality a sexual neurotic is the quintessence of selfishness. Such men have little regard for anyone except themselves.

Enervation brought on by excessive venery brings its victims very close to the border-land of insanity; and when jealousy is excited, look out for homicide, uxoricide and suicide!

Young men who kill their sweethearts when the girls' parents object to marriage, or kill themselves when crossed in love, are driven insane by sexual abuse, and often of the nature of onanism.

When marriage is consummated, if the wedded pair start life as they should and establish good, instead of bad, habits, they may expect health, fine children and prosperity.

The majority of men are handicapped more or less, in making a success of life, by overindulging appetites and passions. Excess impairs the mind, leaving judgment bad, and renders the victim blind to opportunities. Those who get on well could get on better if they practiced more conservation of energy.

Success cannot be summed up in dollars, for many miserable failures are aided by money. Wealth is a capricious goddess and does not always smile on the worthy. It is true, business principles should be applied in doing business, but business principles require clear minds in those who apply them, to get the best results. When fat paunches and lean pates succeed to wealth, look for graft or freaks of fortune to account for it.

When wealth comes before wisdom, the rust of lust is liable to eat out the soul. Many viciously inclined men are made apparently decent from poverty, and, conversely, many men of gentle qualities are made vicious by enough wealth to veneer vice; hence, the newly wedded wife should weigh all these possibilities and endeavor to conduct her life in a way not to encourage her husband to make any of these mistakes.

When a husband finds that his income is inadequate to meet the wife's ambitions, he may undertake to supply the demand in questionable business methods; if a physician, he may resort to malpractice, which in time will undermine his moral nature and break

down the barriers of moral restraint; and then the wife will be made miserable in spite of the luxuries her husband has procured for her at the price of his manhood. This wreck of character can be made of men who are very loving, but who have not a strong hold on the worth of moral character.

Probably two-thirds of all the crimes committed by married men are forced upon them because of a desire to do as well by their families as other men do. Wives should not act in a way to encourage this desire on the part of their husbands.

When men of weak wills overindulge their appetites and passions for a few years, their moral natures will be broken down, and then they will be in line for any act that offers a selfish advantage. The wife and mother suffers most from the degeneration of husbands and sons.

The medical profession is doing a vast amount of harm by its advocacy of: "People should eat all the appetite calls for;" "The well man is as liable to take on disease as the weak, broken-down or sick man;" "Disease comes from any cause other than from daily habits." So long as medical advisers do not know the cause of disease, and they, themselves, practice the habits that bring on disease and early death, the people will be slow to believe in a rational prevention of disease.

I have pointed out the common, everyday errors of life that lead prospective mothers into mental and physical derangements, and I cannot press upon them too strongly, the truth that if they desire easy labors and healthy, normal children, they must have healthy bodies and minds from the beginning of gestation to its end; and then, if they would have "good babies," they must continue to practice a rational life during the nursing period. For that matter,

a mother must live a normal, natural life all the time, if she would do all she can to bring up her children right. She should be seconded in this matter by her husband. No father who is brutalized by bad habits is fit to take a hand in bringing up children.

DISEASES COMMON TO PREGNANT WOMEN.

Morning sickness is the most common disease; it is not a normal state; a well woman will not have morning sickness. It is partly due to deranged stomach from tight corsets, overeating or imprudent eating. Many of the worst types of morning sickness come from chronic inflammation of the neck of the womb. If the patient is dieted, and the womb is treated correctly by cupping away the surplus blood every other day until the engorged neck of the womb is normal, which will be known by it becoming soft and yielding, the sick stomach will pass away not to return.

If this treatment is objectionable, hot-water douches may be used twice daily, as follows: Secure a bed-pan large enough to hold six or eight quarts of water; put two or three quarts of hot water in a fountain syringe, and have the patient lie on her back with her hips elevated and on the bed-pan; hang the fountain about three feet above the body and introduce the vaginal tube as far into the vagina as it will go, then turn on the water; when the vagina is full—which will be known by the water passing out—pinch the tube and prevent any further flow of water; allow the water already in the vagina to remain for a minute or two, then lift the pressure from the tube and allow more hot water to pass in; then, when the first water is displaced by the new, stop the flow again and wait a minute before passing more hot water in; proceed in this manner until the fountain is empty. If desired, a general hot bath can be taken once a day in place of the hot douche. Draw enough hot

water in the bathtub to immerse the body; the patient is then to get in the water and lie on her back; then she may introduce two fingers into her vagina and separate them enough to allow the vagina to fill with hot water. This bath should be of twenty to thirty minutes' duration. The window and door of the bathroom should be wide-open to give plenty of fresh air, and if faintness appears, place a cloth wet in cold water to the head and allow her to sip frequently of cold water.*

Hot douches or hot baths tend to overcome the irritation and inflammation of the neck of the womb. The baths will be materially aided by fasting or confining the eating to a little fruit three times a day. No food other than fruit and water should be taken until morning sickness has gone for good.

NERVOUSNESS.

Pregnant women are often very nervous. A common cause is autotoxemia. All causes for nervousness must be discovered and removed. If there is jealousy or any other domestic unhappiness, it must be corrected if possible; if due to social responsibilities, the social life must be given up; if due to lack of sleep, the patient should be sent to bed for a week or two to become relaxed and poised; if due to constipation, this must be overcome; if due to any bodily irritations, the appropriate remedy must be applied; if due to uterine disease, the foregoing advice will answer. The most fruitful cause of nervousness is overeating or imprudent eating. Coffee, tea, chocolate and cocoa must be given up, and no food taken except fruit until the nervousness is controlled; then fruit for breakfast;

*Where there is kidney or heart disease the bath is not to be taken. Such cases should take advice from their family physician, before taking hot baths.

vegetable soup* and not more than four ounces of toasted bread† and butter for lunch; and for dinner, meat, fish, fowl, eggs or nuts, two cooked non-starchy vegetables,‡ and a salad,§ and no desserts should be used.

HEADACHE.

When pregnant women are troubled with headache, it indicates that they are autotoxemic and must be treated the same as for nervousness. Positively no food when the headaches are threatening or while they are on. If subject to headaches, no food should be taken except fruit and water until the system is righted. Nothing will relieve the headache so surely, and leave the nervous system in as good condition, as hot baths¶ prolonged until the pain is entirely overcome.

HEART PALPITATION.

Pregnancy frequently discovers to the woman and her friends a heart weakness not previously suspected; it means that the patient has a masked rheumatic state of the system, which the nervous changes peculiar to pregnancy have brought into consciousness; for if pregnancy does one thing more than another, for the organism, it is to revolutionize and bring about a complete physiological readjustment, and in doing so it brings into consciousness and emphasizes organic or functional defects. If the heart or kidneys are weak, they will show it because of the physiological exaltation brought on by pregnancy.

* See formula for soup at end of this article.

† See formula for bread at end of this article.

‡ See list of vegetables at end of this article.

§ See formula for salad at end of this article.

¶ See information on bathing at end of this article.

Any lack of physiological equilibrium of the various organs of the body will be shown during pregnancy, and unless proper attention be given, a weakened heart may give out, or slightly deranged kidneys may be the cause of uremic convulsions at confinement. All the organs of the body do not suffer in this way; for some are improved: stomach trouble or deranged digestion is frequently made better, and lung diseases are brought to a standstill and often benefited—due, no doubt, to the improvement in nutrition. The heart and kidneys do not do so well; for their work is increased by arterial pressure—increased, too often, by over-eating.

When the heart shows symptoms of giving down under the increase of work, there is but one rational treatment, and that is to secure physiological rest by sending the patient to bed and limiting the eating to barely enough to sustain life until, from rest, the heart has gained sufficient power to admit of more work (feeding). To give digitalis and strychnine is to invite disaster. I have known two women killed in this way the past year. Drugs do just the opposite of what should be done; namely, they stimulate when rest is the only safe remedy.

To feed “good nourishing food” is in the line of overwork and must prove disastrous.

Perfect quiet and relief from annoyances, little or no food until much better, then increase the intake of food to agree with the power of resistance, is a proper and safe treatment. These cases should not fall under the care of the heavy-handed or inexperienced physician.

KIDNEY DERANGEMENT.

When the kidneys are failing to carry out the waste products, light eating of fruit and salad, warm bathing and rest will right them. Can drugs do anything? No more than for the heart. Stimulating drugs and foods will cause trouble.

If those with weak kidneys are cared for properly from the beginning of pregnancy, there will be no danger of convulsions. When these patients do not do well, it is when they indulge in too much starchy foods and become too stout. Those with heart and kidney derangements should have special instructions.

SWELLING OF THE FEET.

Swelling of the feet is a symptom of weak heart or kidneys, or both, and it must be overcome by correcting the heart and kidneys, as directed elsewhere.

CONSTIPATION.

Constipation is a symptom that should be corrected by food and water; there is no need for drugs. In first pregnancies this symptom is brought on by wrong eating. In mothers, or those who have given birth to one or more children, it may be caused by retroversion, and when it is, it will be hard to remedy until the womb has grown large enough to stay above the pelvis, or in the abdomen.

During the first three months of pregnancy constipation may be benefited by teaching the patient to assume the knee-shoulder position, which she should take three or four times a day, allowing the womb to drop up, forward, and off the rectum.

The frequent drinking of water and eating of cooked fruits and vegetables will regulate the bowels. Patients should solicit

a movement of the bowels at a regular time each day, and avoid raw vegetables and all dairy products except butter.

Enemas are not to be recommended, but when the bowels fail to move for two days, a small enema may be used the evening of the second day.

PAINFUL LABORS UNNECESSARY.

There is no need of long, hard, painful labors; for the causes of them are easy to understand and are remedial.

Prospective mothers should live as near normal as possible. Keep away from excitement, but do not go into seclusion. Read anything and everything, except fiction of a character to excite the emotions.

Go to church, theaters, and all places of amusement, but do not go too often; practice moderation in all things.

Speak in a low but distinct voice; avoid high-pitched tones and the people who talk in that manner.

Avoid gossip and gossipers. Cultivate a love for truth and frankness, and practice poise. Do not act deceitfully, and avoid those who do.

Make home what it should be by doing your whole duty, and if others are neglectful, do not disturb your own equilibrium by endeavoring to control the actions of others.

Three rules are necessary for home government. They are: love, fidelity to duty, and self-control.

A prospective mother should not brutalize her child by allowing herself to lose her temper, become envious or jealous; she should keep sweet, if possible.

The right condition of mind is as necessary as the right condition of the body.

Physical and mental derangements I have pointed out, and they must be corrected as far as possible, and when they are the women evolve into a much better state of health. But what is often thought to be good health is in reality disease. When mothers grow fat and take on ten to fifty pounds more than they commonly weigh, they are not in an ideal state; they are in line for much suffering at childbirth, and its consequences, which have been pointed out time and again in this book.

EVILS OF BEING ENCUMBERED.

An encumbered mother usually gives birth to an encumbered child; everything equal, a fat mother is more inclined to suffer than is a thin mother; besides, they are more inclined to take on inflammations.

Large and hard-headed children cause long and tedious labors. A child should not weigh to exceed six pounds, and to keep it from developing beyond that weight, the mother's weight should be maintained at very little above normal, if she has always been underweight. When one hundred and thirty pounds has been the highest weight of the mother between her eighteenth and twenty-fifth birthdays, she should hold her weight near this point and not go above one hundred and thirty-five pounds.

BONY DEVELOPMENT OF THE CHILD.

It is a hard, unyielding, bony development of the child that causes the mother to suffer; soft, yielding heads will mold to accommodate themselves to the mother's pelvis; they can be compressed, elongated and bent to the needs of the pelvic straits without doing the child injury, and when the child is normal in size—six pounds or under—and the head soft, labor should not last long and the pain should be so slight that mother and child will be

saved all shock and both get along well; the mother will feel like getting up and going to work, and the child will sleep twenty-three and a half out of every twenty-four hours. The mother will not have milk fever, and she should give all the milk the child needs for food for the first year. All this advantage mothers can have if they carry out instructions.

Prospective mothers should take a cold sponge-bath after exercising in warm weather, and before exercising in cold weather. The bath should not require more than a minute or a minute and a half to take it, and it should be followed by a dry towel-rubbing of five to ten minutes' duration. Those who do not have a warm bathroom in the winter time may take the cold sponge-bath before retiring at night and follow with a short dry rubbing, and then take a dry rub the first thing on getting up of a morning.

As much outdoor exercise should be taken as possible. It is a mistake for women to house up because they are pregnant; there is nothing to be ashamed of; indeed, it is something to cause a woman to be proud. Calisthenics is the proper indoor exercise, and walking or riding should be the outdoor exercise.

The clothing should be suited to the weather; always lightweight cotton or linen underwear. When the surface of the body is cared for properly and given the cold bath, and plenty of dry rubbing, less clothing will be required to keep the body warm, and catching cold will be out of the question.

EATING.

The eating should be of food that will not cause stoutness and will not build a bony child. Some people may think that my recommendation of light eating, or restricting the eating to food that will not produce weight and bone, will prove detrimental to

the mother in preventing her from giving sufficient milk and causing her milk to be deficient in the elements of bone, nerve and muscle building; but this is not true; the children will be much smaller at their birth and for the first six months or year, but they will be more active, healthier, and mentally brighter; they will teeth earlier on an average, and the teeth will be smaller, more uniform and stronger, and will last longer, and these children will not be subject to the diseases common to those of over-fed mothers.

MEAT-EATING.

In hot weather the pregnant mother should not eat meat oftener than once every other day, and nuts, eggs, fish, lamb and fowl should be the variety. I class nuts with meat.

Nuts take the place of meat, if desired; or nuts for one meal, eggs for another, and lamb or chicken for the third dinner each week.

Pecans are the best nuts; from thirty to forty half-meats at a meal. One egg is quite enough for the egg meal.

Breakfasts should be of fruit—one kind at a meal, and change each day if desired. Fresh fruits should be eaten without sugar and cream; however, there is no objection to sugar and cream with berries; the cream should be half milk. Cottage cheese, or cream cheese, or clabber milk, can be eaten with the fruit at the first meal; positively no bread nor anything made from grains is to be eaten with fruit.

Lunch may be made of vegetable soup, toasted bread and butter; or plain cake and ice cream, or a cup of custard; or toasted bread, butter and ice cream or custard; or a bread or rice pudding, and clabber milk; occasionally custard or mince pie and a glass

of milk. In winter-time sweet milk, in summer clabber or buttermilk. The milk is to be sipped slowly and eaten last.

If preserved fruits, marmalades, jellies and fruit butters are desired for lunch, eat them with whipped cream, cottage cheese and buttermilk or clabber milk; positively no bread, cake or anything made from grain is to be eaten with this meal.

I have people tell me they cannot eat preserved fruits and jellies without bread. I tell them they must eat these combinations on their own prescription, for I will not agree to it.

DINNERS.

Dinners every other day in warm weather should be nuts, eggs, fowl or fish with cooked non-starchy vegetables and a salad, followed with ice cream, cup custard, prune-whip, or fruit gelatine.

When the bowels are constipated, one or two cups of tea-kettle tea may be drunk at the close of each meal.

In the winter-time meat, eggs, nuts or fish can be eaten at each dinner with the cooked vegetables recommended for summer eating, and a salad made of lettuce, tomatoes, celery and onion, dressing the same as for summer salad.

There are people who do not digest nuts well; they should eat meat, eggs or fish.

Watch the weight, and if there is a tendency to go above the requirements, cut the four ounces of toasted bread, eaten at lunch, to two ounces, or drop the bread out entirely for a few days. Those who are over-weight should leave bread and cake out entirely until reduced to normal; then eat sparingly.

There will be wiseacres who will tell those attempting to carry out these instructions that I do not allow enough proteid foods to keep up the body; please refer them to the cow out in

the pasture who eats grass and not only builds proteid, blood and tissue for her own body, but gives milk that builds proteid for her calf and human animals as well.

All the body needs is to be supplied with the elements and it does the rest. Vegetables, fruit, nuts, eggs and meat, with the small amount of bread I recommend, furnish all the food mothers need.

Follow my instructions, and prove by following them to the letter that I do, or do not, know what I am talking about. This is the quickest way to down me and shut me out effectually.

Formulary

Formulary

HOW TO TAKE CARE OF THE BODY.

Everything that she can do should be done by the prospective mother to establish full health. The clothing should be light, loose and comfortable. It is a mistake to dress too warm; light-weight cotton or linen underwear should be worn the year round; when the weather is cold, outside clothing should be in keeping with the weather; don't dress too warm in the house; when out of doors, wraps should be heavy enough to keep the body comfortable.

A correctly cared-for skin protects itself; only those who neglect the skin and dress too warm suffer from the cold. The cold bath and dry rubbing of the entire body builds a fine skin resistance. In reality, the skin is the correct protector from cold, when treated properly. A cold bath should be taken every day; it should be taken as follows:

Draw four or five inches of cold water into the bath-tub, and begin by washing the face and hands while standing on the outside of the tub. Carry the water up over one arm, and rub with the open hand, repeating until the arm is used to the cold. Then treat the other arm the same way. Then step into the tub and treat each leg the same way. Then squat in the water and give the genitals a thorough bath. Then drop on the knees and carry the water over the body; step out of the tub, and follow with a thorough dry rubbing with a towel. At night, before going to bed, give the body a five-minute dry towel-rubbing. Sleep in a night-

gown or pajamas, and as near out of doors as possible. When the cold bath is followed by cold feet and hands, it should be preceded by a quick hot bath for the hands, face and feet. Draw a little hot water and wash the face, neck and hands; then step into the tub and allow the feet to toast for a few minutes; then take the cold bath as directed above. In the winter time the bath should be followed by ten minutes of calisthenic exercise, and in the summer the exercise should precede the bath. Much walking in the open air should be indulged in every day. The bedroom must be thoroughly ventilated night and day. Closets should be free of soiled clothing, and ventilated enough to keep the air in them fresh and free from odor.

SLEEP.—Sleep is an important item in the care of the body. A pregnant woman should go to bed not later than ten o'clock in the summer time and as early as nine o'clock in the winter time. A twenty- to thirty-minute sleep after lunch each day should be taken; this does not mean two or three hours. Lounging begets stupidity; the woman who wants a bright, active child must be wide-awake, active and mentally alert. Several hours each day should be spent in mental development. If the mother is indifferent to books, she may expect a child that will be slow to learn. Whatever the mother would have the child be, she must give it the impulse by thinking and acting on lines leading to such a development. If a child is stupid and dull, it will be because the mother acted in a stupid manner. If a child is all appetite—a sensualist—it will be because the mother catered to her sensual nature.

The mother must be industrious if she would have her child the same.

To wish and wish and never act will not impart action to the child. The child is impressed with acts, not good wishes.

THE WEIGHT OF THE MOTHER MUST BE KEPT DOWN.

—Eating must be of a character that will not produce weight. The pregnant woman must not allow herself to grow fat. Enough food can be eaten to keep up the strength and not produce weight.

Fruit, cottage cheese and clabber-milk or buttermilk for breakfast; when there is a tendency to increase in weight, leave off the milk and cheese, and follow the fruit with a cup or two of teakettle tea. In the winter time, if there is a craving for jellies, preserves, marmalade and fruit butters, they may be eaten with milk half cream and the other dairy products. The sweet dried fruits, such as raisins, dates and figs, may be eaten with the dairy products, but under no circumstances should bread be used with the fruit breakfasts.

Keep the bowels regular by fruit and water-drinking and having a regular time each day to solicit a movement. Go whether there is a desire or not.

LUNCHEON.—The midday meal may be toast bread, made according to the formula given at the end of this book; never more than four ounces of toast bread at this meal. A dish of vegetable soup may be eaten before or after the bread and butter. Do not take any fluid while bread or toast is in the mouth. Instead of bread, a plain cake and ice-cream or cup custard may be eaten two or three times a week. Rice or tapioca pudding, with a glass of buttermilk, can be eaten occasionally for lunch. Teakettle tea may follow each meal, if desired.

DINNER.—Meat, fish, eggs or nuts may be eaten every day in the winter, and every other day in the summer. Two cooked unstarchy vegetables and a raw vegetable salad may be had at every dinner.

Dinners may be started with a vegetable soup, such as recommended for lunch. Desserts should not be eaten. Such foods are to be eaten for lunch.

During the corn season this vegetable may be used at every dinner, if enjoyed that often; or a full meal of corn may be eaten without other food; or one or two of the succulent vegetables may be added, if desired—such as summer squash.

PLAN CRITICISED.—There will be neighbors and friends of those who undertake to follow out my instructions who will tell them that *the plan is all wrong* and, if followed out, will lead to evil consequences; and they may reinforce what they say by declaring that their physicians have told them so. To avoid such disquieting suggestions, it is necessary not to discuss the subject with anyone. If people generally know what they should do on this subject, I should not have felt the need of bringing this book out.

That it is needed, anyone with intelligence must admit if he will look about him and see the unnecessary sufferings of mothers and children.

HOW TO MAKE BREAD AND TOAST.—To a quart of white flour add sufficient salt, a heaping teaspoonful of baking-powder, and two tablespoonfuls of melted butter; make into a dough with milk (unskimmed). Bake in the form of a loaf or biscuit. When baked, wrap in a damp cloth and put away until cool; then slice, and return to oven and toast. Or you can have this bread made in the form of biscuits. When they come from the oven, they should not be more than an inch thick, baked to a good crisp crust, bottom and top. Left-over biscuits can be split and toasted for future eating.

The dough is to be mixed and in the oven as quickly as possible. The less it is stirred or manipulated the better. Whole wheat and white flour, equal parts, make a good bread.

HOW TO MAKE VEGETABLE SOUP.—Take equal parts of four or five of the following vegetables: potatoes, turnips, carrots, gumbo, cabbage, celery, spinach, onions, green peas, beans or corn; run these vegetables through a vegetable mill; put to cook with enough water to prevent burning, and, when tender, reduce to the consistency of soup by adding boiling water. Season with salt and butter. Those in full health can use hot milk to reduce in place of water.

This soup should be eaten at lunch and dinner. If made out of prime vegetables, it should be enjoyed by anyone with enough appetite to justify him in eating anything.

THE NON-STARCHY VEGETABLES. — Turnips, carrots, cauliflower, beets, cabbage, onions, summer squash, parsnips, spinach, tomatoes, lettuce, cucumbers, green peas, string beans, celery, asparagus, corn on the cob, kale, salsify, endive, egg plant, dandelion, and all kinds of greens.

My use of the word “non-starchy” is purely arbitrary on my part; for, in fact, there is starch in all vegetables.

DECIDEDLY STARCHY FOODS.—I class as decidedly starchy foods everything made from grains: wheat, rye, corn, barley, rice, tapioca; also the Irish and sweet potatoes, dry beans and peas.

FOUR RULES.—The following four rules are necessary if mothers desire fine health, and to give birth to healthy children:

First Rule: Never eat when you are feeling badly.

You may not understand what I mean by “feeling badly.” If you get up in the morning and you have not rested well, and feel heavy, tired, dull, cranky, nervous, go through with your pre-

scribed morning routine, but DO NOT EAT BREAKFAST. Sip a little water every hour or two during the forenoon.

If you pass through the entire forenoon feeling all right, you can have your lunch. You must feel well from one mealtime to the other, or miss your meal, even if it makes you weak to go without food. The more of this discomfort you have, the more evidence you have that you need to fast.

When you cannot miss a meal without feeling inconvenienced, you have chronic irritation of the stomach, and the oftener you go without food under such circumstances, the sooner you will be well.

Second Rule: Never eat when you do not have a keen relish for food.

When mealtime comes, if it is a matter of indifference whether you eat or not, do not eat.

Third Rule: Always avoid overeating.

Fourth Rule: Thoroughly masticate and insalivate your food.

Soft foods are to be mixed with saliva before they are swallowed. If you will masticate your food thoroughly, you are not very liable to overeat.

HINTS WORTH REMEMBERING.—Always eat your bread and butter BY ITSELF, masticating and insalivating each morsel until it is liquified in the mouth.

* * *

FOR CONSTIPATION.—Between getting-up time in the morning and breakfast drink a pint of *warm water*; then drink a glass before each of your meals. This will tend to keep your bowels regular. When going without food, take a glass every hour or two.

If the bowels are somewhat constipated, remember that spinach and onions are more laxative than other vegetables.

* * *

WHEN TO DRINK COLD WATER.—Do not drink cold water for three and one-half to four hours after your meals. If you must drink during this time, take a glass of *hot* water. Cold water checks digestion.

* * *

FOODS THAT ARE CONSTIPATING.—Keep in mind the fact that all the dairy products except butter, and all raw vegetables, are constipating; hence, when there is a sluggish condition of the bowels, stop the use of these foods until your bowels are regular. Eat freely of the cooked non-starchy vegetables. Spinach and onions are more laxative than others.

Remember that nuts, fish and eggs are always classed as meat. When I speak of "meat" I include these foods. You should not have two meats at a meal. If you have fish, eat about all the fish you want; the same with meat; but don't break the *third rule*. I would not advise, however, to eat more than one egg at a meal.

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